

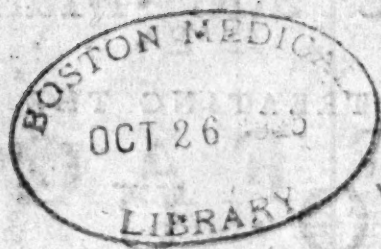
A N
E S S A Y
ON THE
Nature and Manner
OF TREATING THE
G O U T.
S H E W I N G,

Its particular Symptoms and Effects, with
a Method proposed, to render Paroxysms
few, mild, and short. Illustrated by a large
Variety of singular Cases, to which is annex-
ed a Dietetic-Regimen, and other Directions,
productive of Health, and a rational Old
Age:

By R. D R A K E.

Tollere sævitiam noscit Medicina Podagræ.

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1. Mr. 28



T H E
P R E F A C E.



I *T* is not unlikely but this Essay may surprize some of those into whose Hands it may fall, not so much on Account of the Subject being already treated by others, (for I modestly hope, that notwithstanding any Thing I have seen or heard of from other Pens, this Discourse may have its Place and Use;) but because many, who have been acquainted with my Intentions, and to the Course of my Studies, and who have made me a Debtor to the Public of this Work, will find it, I apprehend, fall far short of their Expectations. Yet, I

hope, however imperfect, it will not be unacceptable. I shall be well content to be ranked among those, who had rather preserve the Limbs and Lives of Arthritics, than by a florid Discourse, tickle the Fancies, and please ten Thousand of the Whimsical or Hypochondriacal.

Some Years ago, I published a Treatise on this Subject, as a genteel Advertisement, which answered the Intention. My Design now is to recapitulate, and make such further Alterations and Additions, as have since occurred in Practice. For as a Work of this Nature demands the most mature Deliberation and exact Discussion; and because I confess myself to be none of those, who are as wise at the first Prospect of a Science, as ever they expect to be; therefore, I conceive, a Treatise of this Kind should be well digested by Reflections, and ripened by Time, which certainly is the best Counsellor in the World.

Having

Having premised thus much, I now take the Liberty to introduce my Essay, which will illustrate, and strongly inculcate the Utility of that Method, I have for many Years practised, and which, I hope, will do great Honour to the Faculty of Medicine, of which I am a Member.

The Knowledge of Physick, or the Cure of Diseases, has always, and with good Reason, been number'd among the learned Arts, and the Professors of it allow'd the Denomination of learned Men. But since the Endowments procured by Study are not to be valued for themselves, but only as they have a relative Goodness, in being a subservient Means to promote the Benefit and Felicity of Mankind; and since a considerable Part of (what Physicians call) Learning in their Profession, is very little, or not at all conducive to the Acquisition or Improvement of the

A 3 Art;

Art; it is so far to be treated as an useless and insignificant Attainment, unless Practice be joined with it. For the historical Knowledge of Diseases only, without the curative, is weak and imperfect, but when added to Experience, it establishes Reputation upon the Evidence of a Number of Cures.

*The great Dr. Radcliffe, who was for many Years in high Fame, us'd to say, " It was not the reading
" of Books, but Judgment, Sense,
" and Experience in Practice, that
" qualified a Physician;" and I verily believe, that Physick would have been brought to a greater Perfection than it now appears to be, if only one Person in every Age had treated a single Disease, as his peculiar Province: Without Doubt we should have much better understood the Nature, Cause, and Cure of the Gout, and have been much less liable to Mistakes and Errors in Practice.*

As most other Diseases are pretty well accounted for, and this, in particular, has been buried in Obscurity for upwards of two Thousand Years: Had some eminent Physician wholly confin'd his Study to this, and let all others alone, I dare engage, he had found Employment enough, and the Cure had perhaps been long ago discovered.

To this Method I owe my Success, making this Disease my favourite Study and Amusement, and every curious Discovery arising from some minute Circumstance, has proved an happy, tho' fortuitous Beginning.

The Circulation of the Blood was a noble Discovery. But for the uncommon Diligence of Harvey, probably that might have continued in Darkness for Ages yet to come; yet when once it was thoroughly established, the Thing appear'd so visible and plain, that every one was surprized, he himself was not the first Author thereof. And who will presume to say,

but that a Specific Remedy, as effectual in the Gout, as the Peruvian Bark is in Intermittents, may lie as obvious and visible in Nature, as the Circulation of the Blood did before its Discovery, and only wait some fortunate Moment to lay open the impenetrable Secret, for the Benefit of those, that suffer under its Tyranny, as well as divers other chronic Diseases, immediately concomitant therewith.

But what says Sydenham, in his Treatise on the Gout, with which he himself was greatly afflicted, and which by a State of Inaction, occasion'd by this Disease (the Parent of the Stone) brought him to his End.

“ * Tho' after long Consideration, (says he,) I cannot help thinking that such a Remedy will be found out hereafter; and if ever this should happen, it will betray the Ignorance of the Theorists, and clearly shew how notoriously they are mistaken

“ taken in the Knowledge of the
 “ Causes of Diseases, and in the Me-
 “ dicines they give to cure them.
 “ We have a plain Proof of this in
 “ the Peruvian Bark, the best Speci-
 “ fic in Intermittents.”

This Declaration of our English
 Hippocrates, carries some Weight
 with it, and should teach Men, not
 only to have Faith, but to be candid
 in their Enquiries, and diligent in their
 Professions; should teach them likewise to
 animate others to those Virtues, and not
 partially condemn every Novel Practice
 or Method, but to give all fitting En-
 couragement to the Inventors, which
 will, indeed, reflect Honour on the
 Faculty.

The great Author of our Being,
 as far as human Reason can judge,
 never intended Mankind to die of, or in-
 deed to be afflicted with, the many Dis-
 orders which now prove so universally
 fatal: But they seem to be entailed
 upon us, for the Depravity of our Ap-
 petites; the Consequence of Luxury
 and

and Intemperance. Nevertheless, Providence does not desert us, for he blesses us with the Means of Preservation, if we will but rightly seek for them: Such wonderful Medicines being found out, subservient to that End, which are capable of extirpating this, as well as other painful Disorders incident to human Nature. But, if thro' prevailing Obstinacy and Prejudice, these happy Discoveries are slighted and neglected, we need not wonder, the Illustrious and Great fall immaturally Martyrs to the Gout.

To Prejudice it is owing, that so many are carried out of the World, who by prudent Management and proper Medicine, might long have flourished perhaps the Ornaments of Church and State. Instances daily happen. The Death of this, or that great Personage, either by a Mortification, Delirium, Dropsy, Palsy, Asthma, Cholic, Jaundice, Stone,
or

or some nervous Complaint, in the Meridian of Life, (that proceeded originally from the Gout irregularly treated,) plainly demonstrate it. If this be so, I have no more to say, but that the Grave covers all Faults. Dead Men can tell no Tales.

Physicians have openly confessed, they know no better Method of treating the Gout, than what is now in Vogue, and what their Predecessors followed, which they still find of fatal Consequence: Why do they persist then in this wrong Method, acting so notoriously against the Light of Reason, and the Nature of the Disease, which plainly appears reliev'd by Perspiration and breathing Sweats? In a Degree proportionate to these is the Remission of Pain. The more copious the Discharge, the sooner the Fit is brought to its proper Crisis. This is the Method indicated and pointed out by Nature herself, towards effecting

a

a Cure. Now such Medicines, as are wholly Diaphoretic, and which assist Nature in her Attempts to discharge the morbid Matter by Sweat must be right, therefore, it must be prudent to follow where Nature guides us; safe and unerring to proceed, where she kindly leads and points out the Way. But this salutary End can never be attain'd by large Doses of Camphora, Opium, and Cortex Peruvianus, nor mineral Compositions, tho' they will sweat, yet at the same Time they break and destroy the Texture of the Blood, already too cold and impoverished by the Disease itself.

These last are the very Medicines, along with Confectio Cardiaca, by which Physicians expect to cure this atrocious and formidable Disease, I mean, to render the Gout regular, Fits few and short: But if these Medicines fail, along with repeated Cathartics and Phlebotomy, (as I am sure they
ever

ever will,) the poor deluded Patient is next sent to Bath, as the Ne plus Ultra, returns greatly for the worse, and often falls a Prey to other Diseases concomitant, if not a gouty Atrophy.

Since Physicians must plainly see, this Method of theirs so highly different, so foreign to the laudable Purpose of assisting Nature in her Choice by breathing Sweats: Their want of Knowledge, is no Argument that such a Remedy can never be found out, unless he that discovers it, first take his Degree at the University.

There is no one so low or mean in Abilities or Circumstances, but may, either by Accident or Necessity, discover something for the Good of Mankind, that was hid from the Wise, and Learned; and we often find the most unpolish'd bring to Light, what the Learned had laboured at in vain. I have employed the greatest, and, I
am

am sure, the most valuable Part of my Life in the Study of this painful, stubborn, and intricate Disease, (the Understanding of which perhaps may demand as much Judgment and Attention as any;) and since I make it appear, that I have done more Good than others of superior Rank in Arte Medicinali; not by Guess-Work or by Chance, dispensing Health and Vigour. Therefore (it may be asked) why is not the Author rewarded, for so considerable a Discovery, a Discovery which is proved by a Variety of incontestible Evidences, in the Course of many Years Practice to be invaluable? Can it be from a Motive of Honour, Honesty, or a peculiar Inclination to the Service of Mankind: Or from downright Avarice, lucrative Views, that Physicians oppose a Medicine, they are entirely ignorant of, and interfere in a Disease, they confess, they know not how to treat, any otherwise than by the common Method?

But

But the Time may come, when this, neglected Medicine, for its singular Efficacy and Virtue, may appear in its deserved Lustre, and do Honour to the Author's Memory.

I think it a great Misfortune, we are not better acquainted with the Vegetable Kingdom; I do allow the Mineral is productive of some very good Medicines, but, I esteem the Vegetable, as the best Part of the Materia-Medica, and most likely to afford such Medicines in this Disease, as may justly be called Specifics.

To Vegetables I owe my Composition. By Plants, I am able to subdue and conquer the most formidable Appearance of this Disease, in any Part of the Body, and that, after other Remedies have prov'd ineffectual, tho' prescrib'd by the celebrated and most distinguish'd Physician.

This Medicine by its cordial Nature, diffuses a salutary Warmth, thro' the Solids and Fluids, dissolves
the

the Principles of the Disease, and plentifully discharges the peccant Humours by Sweat and Urine; at the same Time, it promotes the Work of Digestion, strengthens the Nerves, secures the whole Viscera from gouty Invasions, and always puts the Disease to a precipitate Retreat.

Thus we see the Virtue of Plants, and that Providence leaves us not destitute of Means to help ourselves, as some Mens Fears may suggest. Did we not overlook plain and obvious Medicines, no less excellent than common, we should much oftner than we do, find admirable Remedies provided for our use in meer Simples, which are to be found at Home in almost every Field, and which when rightly managed would perform those Wonders, that are vainly expected from such Medicines as are drawn from remoter Parts.

*Another Instance of the extraordinary and singular Virtue of
Plants,*

*Plants, is obvious in the Cure of that most tremendous Disease the Dropsy; a Disease too often accompanying the Gout. **

I must beg the Reader's Pardon, that I make a Secret of the Composition of the Gout-Medicine, as also, that for the Dropsy: It is no new Thing among Physicians, for some of the most eminent, have their peculiar favourite Nostrums. Now as these Gentlemen are pleas'd to practice in this Manner, and do, at the same

* I am positive, the Materia-Medica is silent with regard to a Medicine so efficacious in the Dropsy as that I administer. The common Method in Vogue, is Jalap and Syrup of Buckthorn, a very acrimonious and rough Purgative, and, which often is inflammatory. But what I give, works pleasantly and expeditiously, by Stool and Urine, and thereby copiously discharges the watery Humours. It creates no Inflammation, nor draws the Bowels into spasmodic Contractions; but is taken with as much Safety, by all Constitutions, as a Dose of Manna. By this Medicine, (which is founded on a competent Number of Trials,) I have cured both Young and Old, without impairing the Strength of the Patient; and since it has never deceived me, but constantly answered the Purpose, I, with Justice, pronounce it a *real Specific*, and assert, that it will, in most Cases, answer the End of Tapping.

Time, preserve an high Character, free from that indelible Imputation attendant on such Practice, I do not see any Reason I have to give up my Interest, before I have tasted an ample Gratification for so valuable an Acquisition.

And here, I cannot omit mentioning some particular Favours, that I have received on Account of my concealing the Composition of my Gout-Medicine.

In February 1752, I was ordered to attend a Lady in the City, of distinguished Merit and Fortune, about forty Years of Age, labouring under the Agony of an hereditary Gout. The Disease was at that Time, in her Stomach and Bowels. The first Dose gave her immediate Relief, and a comfortable Night's-Rest, and she assured me, that she had received more Ease, and had got more refreshing Sleep from that one single Dose, than she had known for three preceeding

preceeding Weeks. She was then determin'd wholly to pursue my Method, and to take the Medicine as long as I thought proper; and would have done so, had not her Physician prevented it, (through Fear of losing so valuable a Patient, a lucrative one, that was commonly confin'd by the Gout three Parts of the Year,) and determin'd, at the Expence of all Truth and Honour, to put a stop to my Proceedings. Accordingly, I was order'd to give no further Attendance. My Medicine was sent to the Chymist, who, as wise as he that sent it, declared with Self-sufficiency and Flourish enough, (what the other, no doubt, thought proper to put into his Mouth,) that it was compounded of Mineral-Bodies and Opium; because it rais'd an agreeable Perspiration and breathing Sweat, and gave Rest for seven or eight Hours. To clear myself of this cruel and unjust Aspersi^on, I offer'd to make an Affidavit,

fidavit before a Magistrate, that nothing of these were in the Composition, which, yet would not satisfy, unless, I would also sacrifice my Secret. And thus the poor Lady, (whom I greatly pitied,) was left to the Mercy of the Gout, and the Rapaciousness of her wise Operator and Director. She liv'd about a Year, a Life of extreme Pain, crippled and emaciated, long enough to repent the Effects of her own Credulity, and her Reliance on the great Integrity and Judgment of her Physician; when kind Death happily delivered her from a State of unspeakable Misery.

About six Months after, the worthy Gentleman her Husband fell a Martyr to this Disease in his Head, and under the Care of the same celebrated Physician.

Again, I was sent for to an eminent Merchant, (a Neighbour of the above Gentleman,) who was annually subject to two or three regular Fits.

He

He took my Medicine, declared the great Benefit he received from it, yet, this very Physician declared publickly, that, this Gentleman never had a Fit of the Gout, but, that the whole was an Imposition. Strange Prejudice this, and most unaccountable Prepossession! Of which the Gentleman himself must have been convinc'd by his own feeling, consequently must be the best Judge! But what will not such Men say, or what will they not do, when the Power of their Diana is called in Question; and the Craft endangered by which they have their Wealth?

Many Instances of the like I have met with.

Others have again declared, that if I would make the Composition known to them, they would recommend the Medicine, and I should reap the Benefit. All meer Præstigiæ Verborum; a trite Compliment, to which I shall never submit, for Pro-

fit and Praise shall always go Hand in Hand together, at least till I have made my Couch as soft as theirs.

As for Circumvention, tho' often attempted, it will give me no Pain; for Truth supports the Practice, and Malice can never overturn it. I may live perhaps to be rewarded for the Labour of many Years; but, if not, the Structure (I may venture to say) is well laid for the next Generation to improve upon.

The subsequent Discourse accounts for the Cause of this Epidemical Disease, in which I would not be thought guilty of libelling the present Age, by ripping up the Disorders thereof, thereby to raise the Value of this small Performance.

The Degrees of Malignancy are terrible enough, to stagger the Philosophy of the most rigid Stoick.

The Cases, if due Credit be given, must convince the most obstinate, opiniated,

ated, and prejudic'd Mortal whatever.

In the next Place I have annexed a Regimen of Diet, and other general Directions, which will have a good Effect on those, who are perfectly tir'd of the Disease; and to these, I direct my Labours, but leave the luxurious to the Pursuit of their favourite Folly, till the Disease awakes them.

The Gentlemen of the Faculty will easily perceive, by the Plainness of the Language, that this Essay is not intended for them; but, if they, or any other should think fit to dispute or criticise on it, they may do it as securely, as if the Author was already dead. I hope now, I know the Value of Time better, than to employ it in defending a Cause, that is sufficiently qualified to speak for itself.

If any Person amuse himself by reading this Work, and by following
its

its Directions should so far lessen his Misery, as to render a morbid State a State of Happiness, I shall obtain all I proposed by it. And, as this, very likely, may be the last Time I may trespass on the Public, I think myself oblig'd to declare, that, my Design herein, was purely to answer the End of our Creation, to serve Individuals) and not from any Motive of Presumption, Vanity or vain Glory.

I know that no Author is exempt from the Drillery of Wits, nor will the World be free from invidious People, who, finding it a far easier Task to blame than to correct, carp at every Thing that is made publick. Neither of these will I trouble myself about. As for wise Men, I know they will find many Imperfections in this Book, but will also pardon them; especially considering, that no Man can think,

or write, just to the *Palate* of another, but only those that have mercenary Pens, and parasitical, prostituted Consciences.

Upon the whole, I have endeavour'd to benefit the *Arthritic*, and give Offence to none, neither Physician nor Apothecary, unless the single Article of withholding the Manner of preparing and compounding the Medicine be deemed an Offence.

If the Gentlemen of the Faculty are disposed to try the Efficacy of it, I should take it as a Favour they would do it in my Presence on some severe *Viscera-Gout*, and, I will be answerable for the Effects, at the Hazard of my Reputation; which I hold as precious as Life itself. 'Till they find Cause to condemn the Medicine, I humbly hope, that their Envy, Hatred, and Malice towards the Author, will be suspended. For, I declare, my
whole

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whole Aim is, the GLORY OF
GOD, THE COMFORT OF THE
AFFLICTED, AND THE PER-
FECTION OF
P H Y S I C K.

R. D R A K E.

George-Street, York-Buildings,
August 18th, 1758.

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INTRODUCTION

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large Quantities of strong Liquors, while

at the same Time, they neglect a proper

to the Degree of the Acute and Subacute

Hotness, as they reside in a weak Northern

It is about the year 1740, that the

rich Mixture of Blood, loaded with Salts

Solubility, and taken a very candid

Examination, which together generate the Gout

It is not, that (from the Acute

of Salt, and the Acute

is introduced into the Blood, by Ex-

cess in Food and Fluids, that the Vessels

are enlarged, and (thereby) the vessels are

is rendered rigid, Circulation is retarded

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INTRODUCTION

OF all the Diseases and Afflictions, our frail Nature is subject to, there is none, perhaps, more malignant in it's Influence, or more epidemical in this Nation, threatening an earlier Dissolution, before the fatal and determin'd Time, than the Gout, very properly termed the *Opprobrium Medicorum*. To assign a Rationale, why the English are more afflicted with this Distemper, than other Nations, is no
B Way

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Way difficult, when we consider the luxurious Manner, in which *they peculiarly* live. They have better Appetites, drink large Quantities of strong Liquors, while, at the same Time, they neglect a proportionate Degree of Exercise and Labour. Besides, as they reside in a moist Northern Island, abounding with Cold, raw Vapours, *Perspiration* is hindered: This produces a rich Mass of Blood, loaded with Salts, Sulphurs, and Particles of a fiery caustic Nature, which together generate the Gout. Hence it happens, that (from the Abundance of Salts, Sulphurs, and pungent Impurities, introduced into the Blood, by Excess in Food and Fluids, thro' the Want of Exercise and Labour) the whole Mass is rendered viscid, Circulation is retarded, and the Vessels obstructed; by which Means that Pain is caused, which arises from the Inflammation of the *Periosteum, Tendons, Membranes, &c.* The Inflammation always bears an exact Proportion with the Degree of Obstruction.

As the Persons most liable to the Gout, are those that feed high, and indulge their Appetites; therefore, if Nature cannot separate and throw off the pestiferous Salts, upon the Joints, that they may not offend the general Oeconomy, and prevent their attacking the *Capital or Noble Parts*, the Constitution

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Constitution must naturally suffer by some violent and fatal Distemper.

A Fit of the Gout is a critical Separation, and Exclusion of offensive Humours on the Joints of the Body, and is the Work of *Nature*: As often as this is done, every Oppression in the Viscera is relieved, and that instantly. Health consists in a due regard to the Quantity, as well as Quality of Food, and Fluids, we admit, and the Exercise we use, to waste and evacuate Superfluities. To their Neglect of this Maxim, may be imputed the Prevalence of this Disease, among Persons of Fortune, and studious Life. The labouring Man, we see, that fares hardly and works daily, is happily exempt. So are Women, for the most Part, because they not only live temperate, but Nature in them has the Power, better to regulate the Quantity, abate and evacuate a Redundancy, than with us. Whereby they more easily remedy the Consequences of a voluptuous and sedentary Life. But Men are designed for Action, which breaks the Viscidity of the Blood, scours all the Glands, promotes every Secretion, preserves the *Æquilibrium*, and, next to Food, is the Support of their Being.

Hence we learn the wise Law of Nature, who is the best Physician. Her principal Care, is to force the morbid Matter on the Joints, in order to secure the *nobler Parts*,

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the *Viscera*, from Danger. So long as this is done, so long the Patient is safe: And the sharper the Pain is in the Joints, the shorter will be the Fit; for Pain, in this Disease, is the disagreeable Remedy of Nature, and a lesser Evil is more eligible than a greater. But when the Gout is *irregular*, and the Disease is confined to the *Viscera*, it then is the bitterest Scourge that human Nature can be punished with; for it is apparently the Source of the *Apoplexy*, *Palsy*, *Asthma*, *Jaundice*, *Dropsy*, and *Stone*; Distempers, but for the *Gout*, the Patient might never have been acquainted with. And as it frequently seizes the Brain, the Lungs, &c. is productive of *Phrenzies*, *Pleurisies*, *Peripneumonies*, and *Quinsys*, all fatal to the Patient.

'Tis amazing to think, what Havock the *Gout* makes in the present Century, in this Part of the World; so much, that it is become a Kind of *popular Disease*; and I think the Expression just, in calling it an *English Plague*. Do we not see this Disease sweep away Multitudes of People, and in the *Prime* of Life? But we need not Wonder, if we reflect on the Temper of our Climate, compared with our Manner of living. The Weather is very inconstant; perpetually changing. The Seasons of the Year come not on with that Uniformity and Regularity, as in happier Regions; inso-

much,

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much, that a Man must be endowed with a more than ordinary Strength of Constitution, to endure such sudden Changes. And what still renders us more unable to bear the Uncertainty of our Clime, is, *Luxury*. For while we live high, and use too little Exercise to carry off the superfluous Humours, we give Birth to this formidable and torturing Disease.

Hence we derive the Cause of a Malady, introduced among us, by a Life of Luxury and Indolence, (quite improper for our Climate) and acquire a Constitution, unable to defend itself against the Severity and Changes of our Seasons. We also receive some Degree of a bad Habit of Body, transmitted to us, as an hereditary Title, from our Parents. So that, between an hereditary, and an acquired bad Habit, our Constitutions are broken and impaired: To which may be added, an improper Use of Medicines, which has not a little contributed to render our State of Health precarious. We must therefore be contented to fix it upon the best Foundation we can, and submit to Pain, provided we can obtain regular Fits of the Gout, as an unavoidable Alternative.

As the Gout itself is so well understood, we ought to be thankful to *Providence*, who, in his abundant Goodness, has given us a Remedy *easy* in Operation, and *safe* in Effects;

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fects; a Medicine *experimentally* known, to set Limits and Bounds to the Disease; reduce the irregular to *regular Paroxysms*; mitigate it's Agony; render Fits *few* and *short*; improve Health in a *good Digestion*, and prolong Life in a *free Circulation*; this too by so easy an Operation, as *gentle reviving Sweats*, which is well known, to be the *only* Method Nature directs in the Cure of most Diseases. *This Medicine*, I lay Claim to as my Right and Property, being the Inventor, which is as *salutary* in its Effects, as *innocent* in its Composition; has no Connection with the *Mercurial* or *Antimonial* Preparations, or any Dependence on *Opium*. A Medicine much wanted, to stem the Torrent of a Disease, that destroys three in four, who are afflicted with it. A Disease of all others, the most terrifying and alarming!

The Purpose of the ensuing Treatise, is, to speak of a *Practice* that will defend *itself*. It is, we are told by a Modern Author, *the best Praise of a Physician to seek new Remedies for Diseases, which have baffled the old ones*; I agree with him in that Particular, but can, by no Means, consent to discover the Composition, *without Fee or Reward*. I make no other Apology for the Publication of this Essay, than as a just Debt I owe to Mankind; and the Importance of the Subject claims it. The Publick, no doubt,

INTRODUCTION. vii

doubt, has been abus'd in *Nostrums*, by Authors ignorant of the *Materia Medica*; but is *that* a Rule why those, who are regularly initiated into the Science, should *continue* the Abuse? For my Part, *Physick* has been my Study and Amusement near *forty Years*; this Remedy has been my favourite Scheme, the best Part of that Term, in which, I have brought it to such Perfection, as to render its Merit and Excellency, as conspicuous as the Sun in its Meridian Lustre. I have thus endeavoured to acquire that Knowledge in my Profession, which might render me, not only just to my Patients, and useful to my Country, but improve my own Health; having an *Hereditary Title* to a Disease, *fatal to the Family*. Had it not been for a Relation, (an ingenious Gentleman of the Profession) *this Remedy*, perhaps, had been buried in Oblivion. He, unknown to me, published it in the *News-Papers*. The Mask removed, it now appears the *best Barrier* against a *formidable Disease*.

I cannot help observing, how mean some Men make themselves appear, branding me with that odious and indelible Imputation, *Empirick!* For what? Why, because, I will (not take the Bread out of my *own* Mouth and give it *them*,) discover the Composition. It is not to be conceived with what Malice, and Rancour they stigmatize a Method, which has but one Fault, in being *too cheap*.

viii. INTRODUCTION.

And further, some Persons, who have received surprizing Benefit, have been *suborned* to deny it. Others, who have been the greatest Opposers of *this Practice*, have pretended to *imitate*, but in vain. To the Honour of the Faculty, I wish there were no Grounds for saying, *That the Address and lucrative Part, are much more studied, than the Improvement of the Art.*





LIBRARY

THE
Nature *and* Manner

Of treating the

G O U T.

C H A P. I.

TO oblige the Reader with the History, Antiquity, and Sentiments of Authors, concerning the *Gout*, would, I apprehend, conduce more to the *Stationer's* Advantage, than the Emolument of *Artbricks*. The curious will find Authors, of Learning and Ingenuity, who treat largely on that Head, and, indeed, of little else. Tho' we find it mentioned by the earliest Writers in *Physick*, and taken Notice of in the Sacred History; nevertheless, we cannot trace it to it's Fountain-Head, nor discover the Person, who first felt it's Torture, or

the Climate, that first gave Rise, to a Disease, the most painful and dangerous, incident to Human Nature. Its Antiquity, is, doubtless, very remote, as it derives its Origin, from Luxury and Indolence. 'Tis the concurrent Opinion of all our Modern Authors, that the material and efficient Cause of the Gout is, a *saline* and *tartarous* Principle, deposited upon the *Parts affected*; that this *arthritick Principle*, abounds in all our Meat and Drink; that from *these Salts*, our Flesh, Fish, &c. receive their *Flavour*; our Wine, Beer, &c. their *Strength*; that all savoury Things, convey into the Blood, great Quantities of these *Salts*, which are incorruptible Bodies, introduc'd into the Blood by our Food, and Fluids. These *Salts* are of great *Activity*, *Solidity*, *Attraction*, and, withal, very *fiery* and *caustic*. As they are not sufficiently broken by the *digestive Powers*, nor driven out of the Habit by *due Exercise*; but, by their Plenty, are strongly attracted to one another; they must necessarily create Obstructions, and consequently Pain, from the Sharpness, and Hardness, of their Points; when, by the *Force of Circulation*, and from Nature's expelling them, as much as she can, out of the *Trunk* of the Body, they cause, what we call, *a Fit of the Gout*. This is *Nature's Law*. To throw off these *Saline Particles*, on the Joints, in Order to preserve

preserve the more noble Parts, the *Viscera*, from Danger; that they may be there extinguished by the Oil-Glands, which lubricate the Joints. 'Tis, therefore, no Wonder they cause Pain, Inflammation, and weaken the Parts affected.

Hence we see, that a Fit of the Gout, arises from throwing off the Superfluity of Salts, upon the Joints of the Body. Without Dispute, Persons of strong Appetites, (as the Gouty generally are) feeding plentifully on Flesh and Fish, improv'd with *high Seasonings*, and *Spicy Sauces*; drinking liberally of *generous Wines*, and other strong Liquors, at the same Time, using *too little Exercise*, must necessarily over-stock their Blood, with these fix'd and incorruptible Parts, of Animal and Vegetable Bodies; which, from various *Concoctions*, *Digestions*, and *Fermentations*, are brought to that exalted State, of a *Caustic and Fiery Nature*. These Salts, being too long retain'd in the *Circulatory Organs*, become highly *volatiliz'd* and *caustic*, and cannot fail raising a Fever, from the Acuteness of the Pain, as they are driven through stiff and narrow Vessels by the Force of Circulation. Thus a Fit of the Gout, may be consider'd as a Crisis of Nature, wherein the noxious Humour is thrown out of the Trunk, upon some of the Muscles, or Joints of the Body; preserving

preserving the whole, by punishing a Part, and thereby preventing many Diseases.

Thus we see, by what Means the Gout is acquired, hastened, and exasperated, if deriv'd from gouty Parents. And here Nature loudly calls upon the Patient, to avoid for the future, that Method of Life, which produces this Distemper. It is observable, that the Gout, either as *hereditary* or *acquired*, is more immediately an Attendant on the *Rich*; and that the *Poor*, are seldom afflicted with it. This is attributed to the great Plenty and Variety of rich Food, high Sauces, and generous Wines; the former, habituate themselves to, and the Want of suitable Exercise to promote Evacuation: So that the Stomach, finding itself destitute of Relief by Labour, and charged with *more Aliment* than is requisite for the Support of Nature, and *that* of hard Digestion; *Concoction* does it's Work imperfectly, heaping up crude and indigested Humours in the Body. Thus the Stomach, (as being the main Spring of Digestion, and upon whose regular, or irregular, Functions do absolutely depend all the subsequent Acts of *Sanguification* in the Blood, and *Affimilation* in all the Parts of the Body;) if it cannot perform *Concoction*, in Order for a healthy *Chylification*, is likely to be the most natural Inlet to such Diseases, as the Constitution of the Body inclines to, and particularly

ly the Gout, which proceeds from too great an Abundance of *tartarous* and *saline* Materials, in our *Food* and *Fluids*, that immediately concur in its Production.

Every one knows, that high season'd Food, and generous Wines, abound with an *urinous Salt*, of an *acrid*, *tartarous*, and *subtile* Principle; that *this*, by the Laws of Circulation, being carried along with the Blood, by Degrees, insinuates itself into the *Synovia* of the *Joints*; and intimately uniting with it, produces a *new* Mixture or Compound, metamorphosing this *Mucilage* or *Oil*, (which is of a fine, soft and emollient Composition,) and by its *acrid* Quality so *coagulates* it, as to Occasion a *morbid State*, formed thro' Heat into *Salt*, that vellicates and rends the Membranes and Cartilages of the Joints, and thereby causes most tormenting Heat and Pain to the Patient; and *this Matter*, in Process of Time, protruded through the Skin, is the *Chalky Substance* so common to *Gouty* People.

This *Synovia*, is a *Mucilage*, or *Oil*, like the White of Eggs, (among Anatomists, the *Gluey Matter* between the *Joints*,) and is vulgarly called the *Joint-Oil*, being there placed, and contrived by the *Divine Artificer*, to moisten the Extremities of the Bones, to preserve them smooth and slippery for Motion, which would otherwise grow dry, and unable to act: But as soon

as this *Mucilage* is become *distemper'd*, and its *natural Oiliness* converted, by the Junction of *saline* and *acrimonious Particles*, to a *corrosive* Nature; then is felt the most *exquisite Pain*, with Inflammation in every *Fit*. That this *Synovia* or *Joint-Oil* is increased by Rest and *rich* living, as well as diminished by hard Labour, and *spar*e Diet, is too obvious; since we perceive that those Persons, who use little Exercise, and lead an indolent Life, *rather* inclin'd to *fat*, than others; for muscular Motion being *less* frequently exerted; a *smaller* Quantity of this Oil will be *consumed*. A sedentary Life must render the Humours *less fluid*, and consequently *more* capable of Mischief, blocking up the Passages of *insensible Transpiration*: On the contrary, we may observe, that hard Labour promotes *Transpiration*, and consequently disposes the Humours for passing out of the Body; accordingly we find hard Working Men, very rarely *fat*, or afflicted with the Gout. The necessary Labour of the Poor, entitles him to a better State of Health, than the higher Rank of People enjoy. The *Mechanic* has generally the keenest Appetite, the best Digestion, the most undisturbed Sleep, is less liable to crude and indigested Humours; the Crasis of his Blood is not vitiated, the *Æquilibre* of the Solids and Fluids, exactly preserved, and yet he is not inclined to be *fat*,
for

for the Reason above-mentioned. Indeed, were the rich and luxurious so kind to themselves, to use *Exercise* in Proportion to the Quantity and Quality of Diet, and rich Wines, they so much accustom themselves to, *that* might serve to attenuate this Substance, to dissolve offensive Salts in the Blood, (in Order to prevent their Union with the Oil,) and force them by insensible Transpiration out of the Body; this would be a Means of preserving their Health, and prolonging their Existence.

The Junction of Acrid Matter, with the Mucilage or Joint-Oil, is the Cause of this Mischief; which *Coagulum* not being *always* of the *same* Consistence; gives us the Reason why the Pain, in a *Paroxysm*, is not always the *same* in the same Person, but varies according to the Age, Constitution and length of Time, the Gouty Person has been afflicted; as also in a Degree proportionate to the Quantity of offensive Matter with which the Blood is loaded. The greater the Condensity of the Matter is in the Parts affected, the greater will be the Inflammation, the Pain more acute, and the longer Time will be required to *dissolve* and *transpire* the *concreted* Matter, which must be done before the Parts can be relieved, and is the Ordinary Crisis of each Fit. This *delicate, pellucid, oleaginous* Substance, contriv'd to promote the easy Action
of

of the Joints, and so excellently formed, that upon any extraordinary Motion, the Ends of the Bones can neither be worn away, or fir'd by Heat in Friction, is thus Subject to the severest Change. Yet I would not be understood to insinuate, that the Gout is caused by a Man's satiating his Appetite a *few Times only*, either with the richest Food and Sauces, or the most tartarous Wines; nor will the Neglect of proper Exercise for a *few Months*, be sufficient to acquire a Gouty Habit; *this* must be caused by a *long Series* of Luxury, Indolence, and Errors in the *Non-naturals*, by which the Spring of Life may be supported, as by Neglect, it must be destroyed. It is a received Maxim in Physick, that *whatever disorders the vital, the natural, or even the animal Function of the human Body, produces a Disease*. Now, was it possible that this Joint Oil, should undergo such morbid Alterations from its *own Texture*, Mankind would live in a most *unhappy State*, and be subject to Pains and Disorders, in all Parts of the Body. But *this Oil* is not, in itself, corruptible. It may be, nay often is, vitiated by several different Principles received into the Blood, which change its oily Texture, and render it unfit for the Offices, which Nature, and the Laws of Circulation, originally intended. When this lubricating Oil is altered from its *natural* Con-

sistence

sistence and Principle by *saline* Particles,
(the Result too often, of Debauchery in
Food and Fluids, improved and nursed by
Indolence) no Wonder then the *Gout* is so
Epidemical a Distemper.



C H A P. II.

On the Virtues of WINE.

MY next Enquiry shall be touching the *Virtues* of Wine, whether, or not, it deserves so high a Character, or so great Esteem with every Physician, as to be *prescribed* by them in such *large* Quantities, to *arthritics*. It will appear obvious, I apprehend, that Wines do greatly promote this excruciating Distemper, if we consider the great Quantity of *Tartar*, with which they are *saturated*. The constituent Parts of Wines in general, (though of some Sorts more than others) we find, consist of an *acid Tartar*, and have an austere Quality; as is evident from their *Stipticity* and *Roughness* on the Tongue and Palate: Hence, it arises, that those, who accustom themselves *excessively* thereto, are sensibly afflicted with this grievous Distemper; for Experiment demonstrates how readily Wines do coagulate with Oil. Thus Wine must be allowed to be the Source of this grievous Malady, (tho' the common

Proverb

Proverb intimates to the contrary) as it is confirmed, in many Instances, by the concurrent Experience of Gouty Patients, after drinking it too freely. Another bad Consequence that attends the *excessive Use* of Wine is, that it destroys the Ferments designed for Digestion, overcomes and dissipates the natural Spirits, by an Abundance of adventitious Vapours. Again, the *Spirits*, which are the Instruments of Digestion, being once weakened, and the Blood over-loaded with sharp Juices, Digestion must needs be depraved, and the Viscera oppressed. Then, indeed, the *Spirits*, that have long been in a declining State, are quite exhausted. Some are pleased to declare, that Wine is of Service, by strengthening the digestive Powers, provided it is used temperately; but being an *inflammable Body*, it must be deemed, in my Opinion, *wholly pernicious*, because it inflames and agitates the Humour which feeds the Disease. Neither can I think, that Wine helps Digestion at all, but that it rather impedes it. Wine may in passing thro' the Vessels, communicate some Heat to the Parts affected, yet it certainly depraves the natural Ferments of the Body, and wastes the Spirits: And hence, I conceive, it is, that *great Drinkers* generally die of *cold* Diseases, viz. the *Gout*, *Stone*, *Palsy*, *Dropsy*, *Jaundice*, and *Asthma*. Furthermore, the continual Use of Wines re-

laxes and enervates the Body; whereas *moderately beating* Liquors, strengthen the Tone of the Parts; whence it happens, that such as have been addicted to weak Liquors, are seldom afflicted with the Gout. It must further be noted, that *those* are chiefly subject to this Disease, who, tho' they have naturally a weak Digestion, do, notwithstanding, receive *too much Nourishment*, from a certain Richness of the Blood, and grow more bulky, by a kind of indigested Matter, instead of a solid wholesome Substance. The Use of Wine adds to this Richness of Blood, which, thereby, not only amasses a new Collection of Matter, but actually occasions the Disease. Again, the *Blood* of gouty Subjects, extracted by the Lancet, nearly resembles, by its Texture, that which is taken away in a *Pleurisy*, and other inflammatory Diseases; for the *Superficies* is generally of a *thick, tenacious Size*, of a *buff or bluish Aspect*, and its *Serum* of a *whyeish Complexion*, extremely loaded with inflammatory *saline* Particles; it is therefore absurd to inflame it more with *spirituous Liquors*. On the contrary, it is as dangerous to have Recourse to *over-cooling* Fluids; which by utterly destroying the Digestion and natural Heat, do more Mischief; as Experience shews in those Persons, who, after a constant and liberal use of Wine, for many Years, decline it suddenly in Favour

vour of Water, or weak Liquors, and *thereby* put a Period to their Lives.

Gouty Subjects should make it a Rule, to drink such Liquors as will not *inebriate*, if drank to a Quantity, or *chill* the Stomach. Of this Kind is *Table-Beer*, four Bushels to the Hoghead. To those that have an Aversion to Malt-liquors, a similar Liquor may be made, by *diluting Wine with Water*; and the *best* of Wines for *Arthritics* is *Madeira*, it being more free than all others from *tartarous* Matter. As to Water *alone*, I esteem it *crude* and *pernicious*, unfit to be used by those that have been accustomed to *drink Wine from their Youth*; but young Persons may drink it with great Safety. It is, indeed, the common Liquid of the greatest Part of Mankind, who are happier in their Poverty, than the Rich in all their Luxury and Abundance. This is confirmed by the great Multitude of Diseases, with which we are afflicted by Means of that modish Article *High-living*. Since the Mind, as well as Body, is injur'd in being driven from its natural Rectitude, by the Disturbance which more potent Liquors occasion. But tho' a Person who has the Gout mildly, and only at Intervals, need only *Small-beer*, or *Wine diluted with Water*; this Degree of the Disease not requiring a stricter Regimen; yet when the whole Substance of the Body is in a manner degenerated by the Gout, it cannot

easily be conquered without a *total Abstinence* from all Kinds of *fermented* Liquors, inasmuch as they contain a pungent Spirit, with some Degree of Acrimony, and what is worse, being possessed of a *Ferment*, they dispose the Humours to a perpetual Fermentation, in the same Manner as Yeast, added to Malt-liquors, communicates its fermenting Quality to the whole. But such Steps are not to be taken precipitately, but slowly and gradually, and the *propereſt Time* to begin with such a Regimen, must not be till *after* the Fit is gone off, which, if agreeable to the Constitution, must then be continued the Remainder of Life. Those that have frequent Fits, and are far advanced in Years, have *cold Stomachs*, and *little Spirits*, *lax Bowels*, *gouty Colicks*, and *depraved Appetites*: To such I do not *entirely* forbid the Use of Wine, but allow a *moderate* Quantity of it, to support the Spirits, and warm the Viscera.

All those that would avoid the Gout, should make it a Rule, to eat such Food, as affords a mild and balsamic *Chyle*, and be cautious in drinking *strong* Liquors; for immoderate and luxurious Diet, as well as Wine, fills the Blood with gouty Impurities, ruins the Appetite and Digestion, and constrains the *Arthritic* to require more high Seasonings and richer Spices. In short, the destructive Talents of the *Cook* are exercised
to

to metamorphose simple and wholesome Food into *made Dishes*, enrich'd with pleasant, though pernicious, Ingredients. Stronger Wines are then demanded to quicken decayed Hunger, elevate the sinking Spirits, ease the Loathing and frequent Sickness, till at Length the Patient is reduced so low by this insatuating Custom, as to render a Repetition always necessary. And this brings me to speak of *some particular Wines*, more obnoxious than others, which hasten the Formation of the Gout, and exasperate it, if derived from gouty Parents.

It is a common Observation, that the drinking of *French Wines*, especially *Burgundy* and *Champaigne*, will the very next Day affect the Joints of many Persons, especially when they are advanced in Years, and have lost the Flower and Vigour of Youth. For this active Liquor enriches the Blood with too great a Quantity of generous Juices, raises and exalts it above the mild and temperate Standard of *Nature*, and, as it contains much *Tartar*, is therefore incapable of being converted into proper Nourishment, but runs into *Concretions* and *knotty Combinations*, the previous Matter of this Disease; and this shews itself, in the *cretaceous* or *gritty Substance* on the Joints. *Rhenish* and old *Hock*, yield large Quantities of *Tartar*, as well as those of *Hungary*, *Moravia*, *Bohemia*, and *Austria*, and on that Account are to be

avoided: But *Madeira*, by good Judges, is allow'd to have the *least Tartar*, consequently must be the *best Wine* for Arthritics. Next to this, is *Smyrna Raisin Wine*. But our declining Malt-liquors, and drinking Wines more freely than formerly, is the Reason of the great Increase, observed within these few Years, of this Distemper. *Malt-liquor*, once the *favourite Fluid* of this Isle, is entirely banished by the *Great and Rich*, perhaps, as it is our own Product, therefore cheap and unfashionable; but I affirm, that mild, soft Beer, *four Bushels to the Hoghead*, is the best Fluid for Arthritics in the Universe, and, excepting *Water*, the best Digestive for our Food. We have had many Physicians, who have wrote against Wines; the greatest is *Sydenham*, who says, that profuse Drinkers of Wines generally die of the *Gout, Stone, Dropsy, or Palsy*. *Malt-liquor* is his favourite Fluid. And *Cheyne* observes, that such as drink *Malt-liquors*, are not so *severely* handled by the *Gout or Stone*, as *Wine-bibbers*; but that *mild, soft Ale* may be used with more Safety. In Favour of which Assertion, he relates an Instance of a Gentleman, who, by drinking *Malt-liquors*, was for *several Years* entirely free from Pains and Fits of the *Gout*. But such is the prevailing Temper of Mankind, notwithstanding they see the miserable Condition of their Fellow-Creatures, from the Effects

Effects of Luxury and Excess; yet will they not take warning, not even when they feel the bitter Anguish and Tortures of the *Gout*. Tell a young Man the Sorrows and Anxieties he will *one Day* feel; he answers, *it is Time enough to reflect on the first Attack!* But those are far less excusable, who, tho' they *severely* suffer by this Disease in the Loss of Limbs, and are reduced to little better than an *animated Trunk*, yet persevere in their intemperate Course. *Poor, thoughtless Wretches! they must soon pay dear for their Folly!* In short, the Seeds of the Gout, like those of Plants, cherished with Warmth, spring up fast, and the Fruit is soon ripe for Mischief; it flourishes in a *fat Soil*, in Abundance of Delicacies, and will by no Means take Root, and thrive in a *barren and poor Ground*, where it is starved by a coarse and sparing Entertainment, and perpetually disturbed by Toil and Labour.

Another remote and preparatory Cause of the Gout is the Want of *sufficient Exercise*: And this Observation is warranted by *Experience*; for the Sedentary and Studious, who feed high, and seldom employ themselves in active Recreations, often contract this Distemper. If we reflect, we shall find, that this wonderful Structure, formed with exquisite Art, "noble in Reason, infinite in Faculty, in Form and Moving express and "admirable," without Action, can, by no Means,

Means, maintain a just *Æquilibrium* and proper *Temperature*; but Sickness prevailing, the Thread of Life is cut, and it then becomes "*The baseless Fabrick of a Vision.*" Do we not see the *Labourer* that sweats for Bread, enjoy Health, and the compleat Use of Limbs and Faculties? On the contrary, view the *Gentleman*, who, by Birth and great Possessions, persuades himself, that nothing is more pleasant, than to relax in uninterrupted Idleness, intitled to Diseases. Thus, we see Misery and Sickness entail'd upon Luxury and Excess. It is evident, where the Assistance of *due Exercise* has been wanted or long discontinued, the Velocity of the circulating Blood is diminished, Secretions are retarded and become viscid, for Want of the Labour and Activity of the Limbs; therefore *luxurious, sedentary, and inactive* Persons often contract this Distemper.

Another thing to be observed, is the proper Government of *the Passions of the Mind*. It is well known, that gouty Sensations are often raised by *Fears, Surprizes, &c.* as, on the contrary, *Dangers* from external Injury have *effectually cured it*. And though it is scarce possible to conceive that these Passions *alone* can be a remote or immediate Cause of a Fit of the Gout, yet there is no Question to be made, but in *some* arthritic Constitutions, they both *improve and beighten* the Disorder,

Disorder, cause it to continue longer than otherwise it would have done, or are the means of its sudden Cessation. For *Fear*, *Surprize*, and *Passion*, do so affect the nervous System, as to *increase* and *exasperate* the Disease, and, in a few Minutes Time, force it from the *Extremities*, to some *dangerous* Part in the *Viscera*. On the contrary, we have frequent Instances of its Removal, through the *Dread of Fire*, *Loss of a Friend*, and many other *external Accidents*; in Proof of which, I shall take the Liberty to mention *one particular Instance*. A *Seaman*, who had long been confined to his Cabin, by the Gout in his Hands and Feet, being told, that the Vessel had sprung a Leak, and was in Danger of sinking; he immediately arose, as lively and brisk as in a State of Health, and, though a *Mile* from Land, jump'd into the Sea, got safe to Shore, and was free from the Distemper for many Years afterwards.

Thus we account for this formidable Disease. The Abundance of fiery Salts and Sulphurs, in our Food and Fluids, not sufficiently broken and corrected by the digestive Powers, or reduced by *Temperance* and *Exercise*; thro' their Plenty and Nearness uniting into Clusters, necessarily occasions Obstructions, and acute Pain, by the mere Force of the Circulation of the Blood.

Hence

Hence it follows that Persons, who are most inclined to the Gout, are endowed with *rich* and *active* Principles of Life. Their *high* and *voluptuous* Living, by administering perpetual *Fuel* to the *native Heat of the Blood*, brings about *sooner* the Production of *this Evil*, quickens and enrages the *Fits*, and recruits the *Disease* with constant Supplies. Nor does a constant Gratification of the Appetite, by luxurious living, promote the Generation of the Gout *only*, but by overloading the Stomach, fills the nutritious Mass with the crude and indigested Remains of an imperfect Concoction; moreover by perverting and diminishing the natural Heat of the Stomach, the digestive Power must sensibly be so disabled, that it will not only for the future, reject simple Things, but eternally crave for unwholesome Refreshments. Thus far we see, the unhappy Consequence, of a Life of Luxury and Intemperance; therefore, every *arthritic*, that expects Relief, must avoid *Excess* both in *Meat* and *Drink*, and make a thorough *Change* in the Habit of his Body, as far as his Age and Condition of Strength will admit.

C H A P. III.

Of DIGESTION.

HA V I N G now described the Cause of the Gout, as proceeding from *saline Particles* in our Blood and Juices, by means of our Aliment; I shall, in the next Place, endeavour to explain the various Digestions performed in the Body, productive of indigestible Principles, and first take Notice of the *Stomach*, the Theatre, where the Scenes of all Things, good or bad in the Body, are *primarily* acted. Let it be considered then, that all *acquired* Diseases arise from the Errors and defects of the digestive Powers of the Body, and that all our Humours are produced from what we eat and drink, and all our Solids are composed of these Humours. The *Food* taken for Nourishment is prepared by *Mastication* before it is received into the Stomach, which breaks and reduces it into *smaller* Parts, and mixes it with the *Mucus* of the Mouth, and the *salival Juice*, which greatly contributes to promote Digestion.

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The Food thus prepared by *Mastication*, and received into the *Stomach*, is there farther alter'd and digested by the *Heat* of the *Stomach*, the *Mixture* of the *Juices*, separated or contained in it, the *Action* of its *Fibres*, and the absolute *Force* of the *Diaphragma*, and *Muscles* of the *Abdomen*. Thus when we say to *digest* our *Meat*, by it is meant, to dissolve our Food in the *Stomach*, also to put in order, separate, melt, and minutely divide the various *Meat* and *Drink* of different (and often opposite) *Qualities*, and by working them together, to reduce all into one *smooth*, *soft*, and *uniform Mass*, which is called *Chyle*. This is the first State and Preparation of the nutritive *Juices*, designed for the Augmentation or Reparation of the Body. Thus the Use of the *Stomach* is for Digestion, which is the Dissolution or Separation of the *Aliments* into such minute Parts as are fit to enter our *Lacteal Vessels*, and circulate with the *Mass* of *Blood*, as the Ends of Nourishment. This is the Office it performs; but whether this Business is done by the Ministration of a *peculiar Ferment* resident in its Cavity, or *Power of the Saliva*, or prompted by the *Acid Juices* from its *own Glands*, and the *Liquors* we drink, (whose chief Property is to soften the *Aliments* as they are *Fluids*, which easily enter the Pores of most Bodies, and by swelling them, break their most intimate Cohe-

Cohesions) or whether this Dissolvent, employed by the Ventricle in Digestion, be the native Heat and Activity of the Spirits, which reside in Abundance in that Bowel, is not easy to determine. It is certain that Heat contributes to Digestion, by rarifying the Air contained in the Pores of our Food, which bursts its Parts asunder; and it is past all doubt, that the *Animal Spirits* inhabiting the *nervous Coats of the Stomach* are greatly interested in this Affair.

But further, such Liquors as are most fluid, or whose Particles have the *least Viscidity*, are most proper for Digestion, because they can the more easily insinuate themselves into the Pores of our Aliment, and of all others, *Water* seems the fittest for this Use; for though some spirituous Liquors may as easily penetrate the Substances we feed upon, yet they have another Property, by which they hurt rather than help Digestion; and that is, their Particles have a strong attractive Force, by which when imbibed into the Substance of our Victuals, they draw their Parts nearer to one another, contract and harden, instead of swelling and dissolving them. It is by this Property that they preserve animal and vegetable Substances from corrupting, not but that we find they sometimes help Digestion, yet not by dissolving the Aliment, but as they irritate and excite the *Coats of the Stomach* to a stronger

stronger Contraction, and therefore, when they are properly diluted, they may not only be useful, but requisite. But certainly strong Liquors *alone* are most unfit for Digestion, and what sad Effects they have upon the *Stomach itself*, those Persons are unhappily sensible of, who, by a long Use of them, have lost their Appetite irrecoverably, without the drinking of *Waters*; which, indeed, seldom fail of procuring a good Appetite and strong Digestion. When the Aliments are thus prepared, their Parts are soon separated from one another, and dissolved into a Fluid with the Liquors in the Stomach, by the continual Motion of its Sides, whose absolute Power is, to fit it thus for the Ends of Nourishment; and when the Aliments are sufficiently dissolved in the *Stomach*, they are by its *muscular Fibres* thrust out into the *Intestines*, where meeting with the *Bile* or *Choler*, is further diluted and exalted, and by that Means qualified to insinuate itself thro' the minute Passages of the lacteal Veins, whence they flow into the common Receptacles of the lymphatick Conveyances, and being there yet more tempered and attenuated, advances thro' its Way, into the ample Current of the *Blood*, while the grosser Parts of the Aliments are, by the *Peristaltick Motion* of the *Intestines*, by the *Pressure of the Midriff*, and *Muscles of the lower Belly*, thrust out at the *Anus*.

Anus. And here ends the first Work of Digestion or Preparation of Meat and Drink, for the Nourishment of the Whole.

While this Strain of nutritious Juice, admitted into the Blood and mingled with it, is carried round in its Current with great Rapidity, thro' the Veins and Arteries, it acquires a purer and more refined Temperament, and is raised to a higher Degree of Perfection in the Animal Government. When thus, the several Parts of the nutritious Juice, of different Qualities, are amicably settled, having lost their disagreeable and disproportionate Sizes and Figures, by the Laws of Circulation, they assimilate and acquire the genuine Nature of Blood, and are conveyed and distributed to the several Parts of the Body, for their constant Increase and Repair: And thus the Muscles, Ligaments, Membranes and Tendons, receive their different Supplies; and the fat Parts, the Cartilages and Bones, are recruited with distinct Materials, prepared and framed to a just fitness for those Purposes. And here concludes the Second Digestion.

The last Digestion begins, when, by the ministerial Function of the Brain, the most subtile and active Parts, of the circulating Blood are separated from it, and admitted by minute Channells, into the Substance of that admirable Structure, where being yet more rarified and exalted, by passing thro' the

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strait

strait and intricate Passages of that curious Substance, are pushed into the Mouths of the Nerves, that have their Rise there; whence, with a swift Motion, from and to the Head, these generous and active Spirits attain the highest Degree of Animal Perfection. These innate Spirits of the Brain, distributed thro' the nervous System, are not only subservient to Nature, as her Instruments of Sensation and Motion, but refresh, revive, and recruit all the Parts of the Body; and by this Means contribute to the Nutrition and Vigour of the Muscular, as well as membranaceous and grissly Parts; and it is evident, that if a Limb, by inward Obstruction, or outward Violence, be defrauded by the Influx of the Animal Spirits, it soon loses its round and plump Figure, shrinks, withers, and becomes emaciated. These generous and active Spirits, exceedingly promote the digestive Faculty of the Stomach, as also the Formation of the Chyle; for Experience shews, if the Spirits after a full Meal, are diverted by Study or Contemplation, we feel a Load and Oppression from the Food, that lies a long Time there crude and indigested, for Want of the Spirits, otherways called off and employed, whence the digestive Power is weakened, and sometimes destroyed.

These are the three necessary Digestions, by which we live, move, and have our Being;

Being; and it is certain, what Errors are committed in the Work of Digestion in the Stomach, will be unsubdued in the Chyle, and its bad Effects will be communicated to the Blood, which can never be converted to a healthful Disposition, or undergo any favourable Alteration thereby; and as these Errors formed in the Blood Vessels, will not be changed or rectified by being admitted into the Nerves, and enjoying the Benefit of the highest and most perfect Operation; therefore how cautious should we be, not to offend, in those Things that promote a wrong Digestion, inflaming the Blood, loading the Glands and nervous Fibres with sharp saline Principles, the Parent of the Gout.

Thus, I have, as concisely as possible, accounted for the Production of this formidable Malady, which we cannot hope to escape, nor enjoy, that inestimable Jewel, Health, unless we pursue a Life of Temperance; proportionate the Quantity and Quality of our Food and Fluids, to the Strength of our Constitution, as well as the Losses sustained by the Actions of Life; by which we may likely arrive at a vegete old Age. For since our Humours are produced from our Aliment, and our Solids are composed of these Humours, therefore immoderate and luxurious Food, and the Habitual Use of rich Wines, must load the Blood and Juices

with arthritic Impurities, which hasten the Formation of this Disease if it be acquired; and exasperate it, if deriv'd from gouty Parents. Hence it appears, how absolutely necessary Temperance is to prolong Life, without considering the several Accidents, which an irregular Course is subject to, and which, by bringing on acute, and chronic Disorders, frequently cuts short, and finishes the Age of Man, long before its natural Period; for tho' Intemperance should happen to be exempted from any sudden Danger, yet by quickning the Wheels of the Machine, it must unavoidably hasten the unravelling the Thread of Life, which would otherwise be more slowly spun out and lengthned to a greater Number of Years. This is not only agreeable to the strictest Reasoning, but is confirmed by repeated Observations; since the Persons, who are most remarkable for their Temperance, and live chiefly on Vegetables, using Wine, and an animal Diet sparingly, commonly arrive to the greatest Age. And it may be observed, that the Age of Man, which, before the Flood, was encreased, when such Things were taken for Food, which the Earth produced, quickly decreased, when the Use of Animal Diet was allowed.

C H A P. IV.

*Of the different Stages of the Gout,
and Degrees of Malignancy.*

THIS Disease insults the Patient by Fits, that hold longer or shorter, in Proportion to the Quantity and Quality of the offending Humour, and after it has made a fierce Attack, and its Force and Fury is spent, the Pain abates, and an Interval of Ease succeeds; but it soon returns again, producing the same grievous Effects as before, till the Cause is removed.

The Parts that are first affected, are the Membranes and Ligaments of the Joints of the Feet, Ancles, Knees, Hands and Arms, where the Matter of the Disease, cast out of the Blood, fixes its Settlement, and there swells and inflames with acute Pain. To explain this, let it be considered, that after the *saline Particles* are conveyed into the Blood, and by a Conflict of some Hours, are subdued and digested by the active Principles of that Mass, they are prepared for a critical Separation. By the Laws of Nature, and the Assistance of Art, they are forced from thence on the Extremities, and at last, by a copious

Sweat, are excluded thro' the Pores of the Skin. This being done, the Patient becomes easy and chearful. In a short Time, fresh Materials are form'd, the Pain returns with equal Fury, and puts Nature again to the same Labour, to discharge them, as before, and this Vicissitude of Ease and Pain is continued, till the whole of the Humour is perfectly carried off. Hence the first and mildest Fit of the Gout is produced, when the Matter, intended for the Nourishment of the Limbs, is changed from its healthful State into a Substance of a thick, slimy Nature, which obstructs the Passages it was intended to nourish; destroying the Texture of that oily Mucilage or Humour, called the Synovia, or Joint-Oil; which Obstruction gradually encreasing, stretches them beyond their Tone, and occasions the acute Pains, during the Paroxysm. The first Fit is of a milder Quality, more easily and sooner evaporated thro' the Skin, as it is of a soft and less tenacious Consistence; being easier dissolved, the Fits are of short Duration; nor do they return, but after a considerable Interval. And the Reason is, that while the Sufferer is hale and vigorous, the Materials that caused the former Fit are spent, and the Blood is relieved of its oppressive Burden: It requires a considerable Time, before a fresh Collection of arthritic Materials can be produced.

ced. But when the slimy Substance has contracted worse Qualities, and approaches nearer to the Nature of Lime, or Chalk, and other mineral Substances, (being cast off from the Blood, and deposited on the Joints,) they form a Paroxysm, as they greatly distend and lacerate the tender and sensible Fibres, whence exquisite Pains ensue. In this confirmed State of the Disease, the Fits are lengthened, not only by Reason of the greater Degree of Condensity of the gouty Matter, (which is not so easily dissolved and evaporated, as in the milder Fits,) but likewise on this Account, that the Blood now abounds with a greater Quantity of irregular Concretions, and therefore feeds the Distemper, with more plentiful Supplies. Thus the noxious Quality, as well as greater Quantity of the peccant Matter, conspire to carry on the Fit to a greater Length; but it is owing to the Increase of the coagulated Salts, and tartarous Cohesions, that the Pain is so acute, and that the Fits return much sooner. But when the Gout, after long Possession, acquires a more perfect and absolute Power, the peccant Concretions, that form the Disease, gain a more offensive Nature; so that the Quantity of arthritick Impurities infect all the Fluid, and overspread the solid Parts of the Body. The Joints, that have been long Sufferers by the cretaceous gouty Principles,

are now so distended, disfigured, and distorted, as to be scarcely capable of local Motion, or else are quite crippled and grown crooked and decrepid, not with Age, but with the Gout. What next can be expected but the usual Consequence, that is, that Nature, in this miserable and ruinous Condition, must soon be oppressed and fall. Thus when the Patient's Joints are weakened, and Nature is grown too weak to separate and expell, as formerly, the Principles of the Disease upon the Limbs, it retreats to the *Stomach*, the *Intestines*, the *Lungs*, and, at length, to the *Head*, whence Life is soon driven out, and the poor battered Tenement, reduced to a heap of Ruins. There are three Stages of the Gout, recent, confirmed, and final. I shall, in the next Place, exhibit the Symptoms of the several Stages and Degrees of it.

First S T A G E.

To begin with the first. When the Blood is loaded with a Quantity of slimy Substance, (which, growing grumous and thick; hinders the Circulation through the small Vessels that lead to the Bones, and Membranes that encompass them;) this active Mass exerts all its Force to separate the noxious gouty Particles, and depose them upon the Joints; where having made a Lodgment, and being continually supplied with
fresh

fresh Materials, it produces a Fit of the Gout. This Action of the Blood and Motion of the Spirits, to separate and dislodge the degenerate Matter, occasion that Ebullition or Fermentation which causes a Fever, attended with Head-ach, Thirst, and Sickness in the Stomach; the same Symptoms that generally attend any extraordinary Effervescence in the Blood, to separate and discharge offensive Humours of any Kind. This Fever subsides as soon as the Separation from the Blood is made, and the Humour is ejected upon the Joints, which then begin to swell and grow painful. Here Nature recovers her former State of Ease and Tranquility, and the Heat, Thirst, and Pains are removed, which are of longer or shorter Duration, according to the milder or more sharp Quality of the gouty Matter, and the Vigour and Activity of the Patient's Spirits. It is to be observed that the Fever, Thirst, and Pains, are more acute and raging in the Evening, and gradually subside about three or four o'Clock in the Morning; for the active Principles, about that time, are digested, as well as the Matter prepared for Expulsion, by Sweat and the urinary Glands, by which means the Patient finds Ease, and falls into a comfortable Sleep. This feverish Disorder, that introduces a Fit of the Gout, is proportionated to the Quantity of noxious Impurities in the Blood, which require more Labour

Labour to digest and prepare for Expulsion; and for this Reason, because as the Blood of Arthritics is rich, glutinous, and sily, abounding with Plenty of Salts, that easily coagulate and form viscous Agreements, and cretaceous Matter, it therefore vellicates, and hurts the Membranes and nervous Fibres, and causes restless Inquietudes, Heat and Thirst, as before recited. It frequently happens, that on the Approach of a Fit, the Patient feels a shivering Coldness like an Ague, that more or less visits him in that Fit, and is a sure Prognosis that the Fit will be sharp and tedious; likewise Pains in the Limbs, Sickness in the Stomach, Tumults and Gripings in the Intestines, an unusual Costiveness, Loss of Appetite, and Dejection of Spirits, are strong Symptoms of an immediate Attack. These are the previous Tokens that presage an approaching Access of the Gout in its first and recent State; and many of my Patients are so well acquainted with this Herald of Mischief, as to have the whole Apparatus of Flannels, gouty Shoes, and Machinery of every Denomination in Readiness. When once the Disease is formed, the Fits are renewed as often as the gouty Humour is collected, so as to oppress Nature. The Number of Fits gradually increases or decreases, in Proportion to the necessary Evacuation of the offending Humour by Sweat and the urinary Discharges. But when this Disease

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is neglected, it gains ground apace, rages with greater Power and Vigour, while Nature, harass'd and laid waste by frequent Returns, is less able to repel it to the Joints as at first. And as the Fits, from the Cause assigned, grow more severe, so they return more often, especially upon catching of Cold, which hinders Perspiration, or on the least Deviation from the Rules of Temperance; and in a Course of Years so great a Quantity of the Seeds and Principles being formed in the Body, the whole Mass of Blood is filled with *Viscous* or *Chalk-like* Matter, which, to separate and force on the Joints as before, must be a Work of longer Time. The unhappy Sufferer is now entitled, on the least Trespas or Irregularity, to a Renewal of his Pain, at any Season of the Year; which brings me to the second Stage of the Disease with its Symptoms.

Second S T A G E.

When the Arthritic Principles are collected in greater Abundance, and become more viscid and acrimonious, the Effort or Struggle causes a feverish Tumult in the Blood as in the milder and recent State of this Disease; but with this additional Circumstance, that the Fever is now higher, and the Pains more intense. But if Nature is too feeble to force it, as heretofore, on the Joints, then the Disease invades the Shoulders, Head, Stomach,

Stomach, Lungs, or Intestines. The Scene is then changed from one Degree of Misery to a greater, from a regular to an irregular Fit; for the Stomach loaths all Nourishment, and the following Symptoms, more or less, attend the unhappy Patient; viz. Death-like Sickness, Reachings, convulsive Twitchings, Cramps and Heart-burnings, sharp Cholicks and Fluxes, Shortness of Breath, and a severe Cough, violent Head-achs, or a cloudy Oppression of the Brain, and even lethargick and apoplectick Symptoms, sometimes of two or three Days' Continuance. While Nature is defective, these Symptoms continue, but if powerfully assisted by Art, and the morbid Matter is forced back again to its proper Seat, then all these Complaints I have mentioned immediately disappear. In this confirmed State, the Joints of the Fingers and Toes spread, grow knotted, and distorted, by a cretaceous hard Substance adhering to the Joints, which, in time, breaks the Skin. This State is very grievous, because the Fits are more acute, and the Intervals of Ease are short, excepting two or three of the warmest Summer Months, the Fits hold all the Year. But what greatly aggravates the Misfortune is, that by long Confinement from Exercise (the Patient being obliged to lye so much in Bed, to spend the gouty Humour) and thro' the Abundance of cretaceous, tartarous Matter remaining in the Blood,

Blood, a Separation is made in its crude State by the Kidneys, and causes Fits of the Stone. This is often the Case, and what between severe gouty Paroxysms, and frequent Nephritic Complaints, a Round of Misery succeeds throughout the whole year.

Third S T A G E.

But the *third* Stage, if possible, is more dreadful. When by a long Series of painful Fits, and prevailing Weakness, Nature is no longer able to force the noxious Impurities on the Joints as before, which are now loaded with Concretions, and grown stiff, distorted, and unable to move and perform their native Functions, this collected heap of sharp and ragged, tartarous and chalky Principles forms Tumours, breaks the Skin, discharges its hard Contents, and is constantly recruited by new Supplies. Life is then prolonged to a dismal Period! These Tumours, whether opened by Art or Nature, are soon again filled, which in Process of Time, become the Sink or Issue for the peccant Humour; nevertheless, gouty Sensations are renewed and prolonged tho' the Ligaments and Membranes are destroyed, and local Motion entirely lost. Thus, by a long Series of Confinement, the Constitution is ruined, all the Solids by frequent Swellings, Pittings, and Relaxations are
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weakned, liable to every Descent of Humours, all the Hinges of the Animal Frame are subverted, and the Carcass retains just Life enough to make it capable of Suffering.

Hence we see the different Stages of the Gout, a very salutary Disease! which the poor Patient is often *congratulated* upon, as the *Herald of long Life*; tho' attended with such manifest Pangs of Wretchedness! Allowing it to be the Avenue which leads to old Age, the Plague itself, tho' insatiable as the Grave (as it puts an End to Misery by a speedy Dissolution,) is obviously more eligible than this frightful Monster, which, by gradually destroying the Foundation, kills us with a lingering Death; and, like Prometheus's Vulture, gnaws us into continual Torment. Some gouty Subjects, after a long Series of Afflictions, having lost the Use of their Joints, are so happy, as to have little Sense of feeling left in those Parts, as if the Disease had spent all its Force, and quite consumed its Stores and Materials of Mischiefe; but the sensitive Fibres alone have lost their Feeling. This Observation is so common, that it induces many to say, that the Gout is an easy, or at least a tolerable Disease after *Thirty Years*; not that it has in that long Course spent all its Power, but the sensitive Fibres are destroyed which received their grievous Impressions. And it must be acknowledged

knowledged that, many of a vigorous and robust Constitution, assisted by a regular Life, have escaped upon better Terms in this last Stage of the Distemper; tho' the Gout has ruined those Organs of Sensation. In the Intervals of the Fits, they are happy to spend their Lives tolerably easy in their crippled Condition; they eat, drink a chearful Bottle, sleep well, are hale and lively, except in their Joints; and though they are unable of themselves to walk, the Tendons being contracted and Joints inflexible, yet they are capable of enjoying the Benefit of Carriage, and seeing Company with some Degree of Happiness. Nevertheless they are still subject to fresh Attacks, but with this Difference, that as the *Limbs* before were the Seat of Misery, it is now converted to the *Viscera*. All Passages to the Joints, as in Times past, being stopp'd up with the offending Matter, to prevent any Lodgment there; the Distemper takes its Residence in the more noble and sensitive Parts of the Body, as the *Head*, *Stomach*, and *Breast*, with acute Pains in the *Intestines*, and severe *Diarrhæa's*. An oppressive Weight is often felt on the Brain attended with a *Stupor* and *Mist* before the *Eyes*. The *Eyes* are frequently inflamed, and very painful. The *Gums* will also be affected with this Humour so as to excite painful *Tooth-aches*. Again, it seizes the *Organs of Hearing*, and torments most grievously;

grievously; in fine, no Part is free, that can heighten, increase, or aggravate Woe. From what has been said concerning this last Stage of the Gout, to the Force of its Symptoms, and the Powers that generate these dreadful Consequences, all Constitutions are forced at last to yield. Nor is it Matter of Wonder that the soundest and most athletick Constitution, battered for many Years together by such furious Attacks, so often on the Rack and in the greatest Agonies of Torture, should be sunk at last and demolished. Nor strange that from the constant Waste of Nature, by a cruel and tyrannical Disease, after a long Train of Years, the Muscles should be emaciated and enfeebled, the Tendons and Ligaments should become contracted and lose their Tone, and with it their Spring of Vibration and Power of Self-Restitution; that many of the Glands, (Nature's fine Strainers of Filtration,) should be obstructed by this offensive Matter, or grow dry or be quite closed up; that the Spirits themselves, the great Ministers of Digestion, local Motion and Sensation, should be dissipated and consumed; and the Blood, formerly rich, fall to Decay. And this being premised, what can be expected but the usual Consequence, that is, that Nature in this miserable and ruinous Condition, must be oppressed and fall? Indeed, it is a Blessing that we can die, and be released from

a cruel and inexorable Enemy; change a Life of Woe, a Hell upon Earth, for an immortal and glorious State, a blessed Eternity. This painful Disease (the Consequence of Luxury,) arises from viscid coagulated Salts or cretaceous Impurity in the Ligaments or Glands of the Joints. This *darling Distemper*, which is said to be a *Friend to long Life*, the *Scandal of Physick*, but is, alas! the *Diana*, by which too many of the Profession gain great Wealth; a Distemper painful without Mercy, excruciating without Remedy. Had Mankind followed the original Dictates of Nature, and the first Denunciation of the Almighty on new fallen Man, "*In the Sweat of thy Face shalt thou eat Bread*," we should have profited by the Curse; for by Temperance and Labour, the Blood had been so refined as not to admit the Disease, at least it would have had a much less Degree of Malignancy in our present Days. How finely does *Milton* describe the Effects of Temperance, when *Adam* speaks to *Michael*, Lib. xi.

" — Is there yet no other Way, besides
 " These painful Passages, how we may come
 " To Death, and mix with our connatural Dust?
 " There is, said *Michael*, if thou well observe
 " The Rule of not too much, by *Temp'rance* taught,
 " In what thou eat'st and drink'st; seeking from thence
 " Due Nourishment, not gluttonous Delight;
 " 'Till many Years over thy Head return:

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" So

“ So may’st thou live, ’till, like ripe Fruit, thou drop
 “ Into thy Mother’s Lap, or be with ease
 “ Gather’d, not harshly pluck’d; for Death mature.”

When Temperance and Labour were in Fashion, there were few or no Diseases. Exercise kept the Juices sweet. But now Diseases spring up and multiply apace, all which generally centre in *High-life*; for the Great and Rich are the greatest Sufferers; while the Labourer and the Mechanic, by their Temperance, the Exercise of their Limbs, and the Sweat of their Brows, preserve their Appetite and digestive Faculty, and enjoy Health. And it must be allowed, that ’tis Temperance and Labour that forms the robust and vigorous Constitution, and not Delicacies, which abound with a greater Proportion of Salts and Sulphurs, than those Aliments do, which fall to the Share of the Labourer and Mechanic. Intemperance produces the Gout; for this Reason we find it among People of Fortune, and those of a studious and contemplative Life, who live high and indolently; at the same Time that Labourers, who fare hardly and work daily, are exempt: For the Disease flies from the Cottage, to the happier Habitation of the *Epicure*; where it reigns and revels, subsisting by Jollity, Feasting, and midnight Debaucheries.

C H A P. V.

Of the Hereditary Gout.

HAVING largely expatiated on the Principles which produce the arthritic Concretion or Coagulum; namely, by various Kinds of Salts taken into the Blood with the Aliment; likewise shewn the Stages, Degrees, and Effects thereof: I proceed now to distinguish the different Sorts or Denominations of the Gout, as Hereditary or Contingent, Regular, or Irregular. When we consider the Nature and Effects of an hereditary Gout, as derived from our Parents, we shall find, that Life depends as much on regular *Paroxysms* of it, as upon Eating and Drinking; for the *Paroxysms*, so long as they continue regular, are critical Discharges of Nature, as they lodge the offending Humours on the Joints, and secure the whole Viscera from Danger. By this Means, the Disease is not only prevented from being fatal, but the Body is freed from many other Inconveniencies. This is so far Matter of Fact, that Persons afflicted with it are generally of a strong

Habit of Body, and rarely suffer from any other Quarter. 'Tis plain, by throwing the morbid Matter on the Extremities, the *Individuum* is preserved; for so long as the Disease continues regular, the Patient finds himself perfectly in Health, and for a considerable Time, 'till the next Fit.

Hence we derive the Consequence of an original or hereditary Gout, in those, who have brought it into the World with them, from the ill State of Health, or bad State of Humours of their Parents, which, possibly, may have been transmitted to *them*, likewise, from theirs, and so on for many Generations backwards. For the Seeds of this Evil, derived from the Parents, when actuated by some Cause, as Air and Diet, display the Symptoms of a ripe Disease, which happens sooner or later, according to the Quantity and noxious Quality of the original Cause. If the seminal Impurities are of a more perverse Nature than common, the Disease shews itself in a sad Train of Effects very early in Life; and, I have heard of Children dying of this Disease, at eight, ten, or twelve Years of Age; for Children inherit the Infirmities and Diseases of their Parents, as certainly as their Estates. I have known those who have been attacked with this terrible Enemy before their twentieth Year, several before thirty, that by frequent and violent Assaults, and the long Duration
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of their Fits, which allowed but short Intervals of Ease and Respite, have had their Limbs so weaken'd, that they have not been able to feed themselves, nor to walk but in a very feeble and decrepid Manner. But in other Respects, where the hereditary Seeds of this Disease are of a milder Nature, it requires more Time before the Disease discovers itself, and can get at Liberty; but this is in a great Measure attributed to a regular Course of Life. For many who have had an hereditary Title, have escaped it, by Temperance and Exercise, till the fiftieth, sixtieth, or seventieth Year of their Age.

I knew several Instances of this Kind. One Gentleman, in particular, who lived remarkably temperate, taking cold a Fishing, was attack'd in his seventy-fourth Year by a regular Fit, which annually return'd about the same Time to his Death, four or five Years after. We have, therefore, little Reason to accuse our Ancestors as the Source of this cruel Malady, since it is too often acquired by our own vicious Indulgences.

To attempt an absolute Cure, when the Disease is hereditary, and that perhaps for Generations backward, is not only imprudent, but the Success improbable, if not altogether impossible. When we consider it as interwoven with our Nature and Essence, it is as vain to flatter ourselves with a perfect Remedy, as it is to eradicate scrophulous, luna-

tick, and many other (tho' less discernible) Disorders, as being involved and strictly complicated with the tender Threads of the Animal in Embrio. Indeed, we may as reasonably expect to change the Hue of the *Æthiopian*, or remove the Spots out of the *Leopard's Skin*. It is a Comfort, that Means are attain'd, whereby we can set Limits to the Disease, cause the Paroxysms to be regular, confine the Distemper to the extreme Parts of the Body, render the Fits few and short, at the same Time perfectly secure, and defend the whole Viscera from Invasions. This is accomplished by *Medicine* in the Fits, Temperance and Exercise in the Intervals. By this Means Life will become desirable; the Paroxysms will be fewer and less painful, the distemper'd Joints secured from Contractions, and the Muscles rendered plump and firm; the weaken'd Parts restored to Strength and Vigour, without *that Danger, that Hazard*, which the *Enemies of Truth* will suggest, and by so *easy* a Method as *gentle breathing Sweats*. This brings me in the next Place to take Notice of the contingent Gout.

C H A P. VI.

Of the contingent Gout.

THAT which I call a contingent Gout is introduced and acquired in a Series of many Years after the Birth of the Sufferer, and is not a Legacy settled and entailed by distempered Parents, but is contracted and formed by our own Irregularities. This is divided into regular or irregular Paroxysms. The first happen, when the active Principles of the Blood in a strong and healthful Constitution are wholly able to subdue and digest the gouty Matter, separate and expell it entirely to the Extremities, by which the Blood is depurated from the Materials of the Disease, and the noxious Concretions are deposited on the Joints and Ligaments of the Bones. As long as Nature is endowed with this Strength and Vigour, and qualified on every Paroxysm to cleanse the Blood of offensive Matter, and lodge it in the Joints, so long that Person will have Health, and a most lively vigorous Constitution. But further, these compleat Pa-

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roxyfms do not only blefs the Patient with a Freedom for a long Time from gouty Impurities, but at the fame Time difcharge thofe Principles that might create and engender various Difeaſes. The irregular, or imperfect, *Paroxyfm* often happens when Nature has been violently oppreſſed by *injudicious* Treatment, as well as worn down and enfeebled by frequent and ſevere Sufferings. When the active Principles are impotent and unable to refine the Blood as uſual, throwing off the gouty Matter defectively upon the Joints, they leave ſome Portions of theſe Impurities behind them. Hence the Patient, beſides the Sufferings in his Joints, which are now momentary and tranſient, is afflicted with Pains, either in his Head, Neck, or Shoulders, and ſometimes with Sickneſs of Stomach, attended with Straining to vomit, with Torture in the Inteſtines, and often a terrible Cough, which is inſupportable; alſo with a Flux of the Belly, all occaſioned by the imperfect Expulſion of the gouty Humour upon the Parts I have mentioned, and which continue till ſuch Time as the morbid Principles are forced back again upon the Joints. The cold or hot Gout is a vulgar Diſtinction, and is no more than the acute or mild Paroxyfms: For that which they call the *cold Gout* is not attended with ſo prodigious an Inflammation and Torment as the other;

other; because the Matter of it is milder; or less noxious, or not so great in Quantity as the *hot* or *acute Gout*, which being recruited with more Forces, and furnished with more destructive Materials, makes its Attacks with greater Fury. This cold or mild Gout, for Want of sufficient Heat and Vigour to digest and discharge the Humour by Sweat, after the Pain is gone, leaves behind it pasty Swellings, in the Feet, Ancles, Knees, and Hands, that are white and soft, which by Degrees, as the Patient gathers Strength, are removed.

The Gout is often complicated with the Stone, which increases the Calamity of the Afflicted; for the Matter of each is so alike in respect of its hard and gritty Consistency, that the *same* Concretions deposited in the Joints form the *Gout*, and in the Kidneys the *Stone*. It is a common Observation in many Patients, that after a tedious, painful Fit of the Gout, a sad Exchange is made for the Stone.

CHAP. VII.

Of the various Symptoms of the Gout.

HAVING explain'd the Difference between the hereditary and contingent Gout, which makes no material Alteration in the curative Part, any further than it is in a greater or lesser Degree malignant; and tho' I have already mentioned the Symptoms that introduce this Disease, on its first Accession, and that in its mildest State, yet, I think not full enough to render the afflicted better acquainted with his State and Condition.

For some Days before the Appearance of the Fit, the Patient is afflicted with a bad Digestion, Loss of Appetite, Crudities of the Stomach, hypocondriacal Symptoms, disturbed Imagination, and uneasy Temper; sometimes a remarkable Heaviness of the Body when moved, and Drowsiness almost unconquerable, with Startings, especially in the first Attempt to sleep. Again, an unusual Difficulty in Breathing, with Stitches in the Side, Palpitation of the Heart, with the
Heart-

Heart-burn, and uncommon Heat in the Hands and Feet, with Spasms, Tremors, convulsive Cramps in the muscular Parts, and the Body costive; the Urine (more than usual in a State of Health) hot and flame-coloured, very sparingly, or with Difficulty discharged; and these Symptoms are succeeded by a Chiliness and shivering Fit of a momentary Duration. These, or some of these Symptoms gradually increase, till the Fit at length begins; and the more or less intense or remits these Sensations are, the more or less violent will be the ensuing Paroxysm.

The Patient goes to Bed, and sleeps quietly the fore-part of the Night, when he is awakened by a Pain, which usually first of all seizes the Joint of the great Toe; and as its Situation from the Heart is at so great a Distance, not having that full Force of the Blood as the larger Joints have, that are nearer the Fountain-head, the peccant Matter may there linger, coagulate the Synovia, by its acrimonious and saline Principles, corrode the Membranes and Tendons of the great Toe, Heel, Ankle, or Leg, so exquisitely, as is hardly to be endured, especially on the Pressure of the Bed-cloaths, or the least Motion in the Room from a Person's walking briskly therein. The Night is passed in Pain, which seldom remits, till after several Hours from the first Approach
of

of the Fit, and then by a gentle breathing Sweat, the Patient is suddenly relieved. He falls asleep, and upon waking, finds the Pain considerably abated, and the Part affected to be then swollen, whereas, before, only a remarkable Swelling of the Veins thereof appeared, as is usual in all gouty Fits.

The next Day, and perhaps for many Days after, if the gouty Matter be copious, it may return with equal Violence in the Evening, and gradually go off in the Morning.

In like Manner the other Foot may be affected; and if the Pain be violent in this, and that which was first seized be quite easy, the Weakness thereof soon vanishes, and it becomes as strong and healthy, as if it had never been indisposed. But when there is so copious a peccant Matter in the Beginning of the Fit, that one Foot is unable to contain it, it affects both at the same Time, with equal Violence, and the Pain always increases in the Evening, and remits in the Morning, (as I have before specified;) and what we call a Fit of the Gout, which goes off sooner or later, according to the Age of the Patient, is made up of a Number of these small Fits. For when this Disease lasts two or three Months, it is not to be deemed one continued Fit, but rather a Series of little Fits, the latter of which proves milder and shorter, till the peccant Matter

Matter being at length quite expelled by the cuticular Pores, and the urinary Passages, the Patient recovers.

In young and strong Constitutions, and such as are little subject to the Gout, the Fit may continue fourteen or twenty Days ; but in the Aged, or those that are frequently afflicted with it, it generally holds two or three Months ; and in such who are greatly debilitated with Age, it does not go off till Summer advances, which by increasing Perspiration drives it away, at least the Pain, tho' the Weakness may likely continue ; and as the Gout is too often increased and exasperated by the Continuance of those Means that first created it, so then it may hold perhaps the whole Year, with but small Variation of Advantage to the unhappy Patient.

These Pains of the Gout vary exceedingly, for some will complain, as if the Part affected was held in boiling Water ; others, as if the Bone was broken or dislocated ; again, as if Dogs were tearing off the Flesh, or the Part was squeezing in a Press. During the Fever, the Pulse is hard, strong, and quick ; the Skin hot and dry, and the Body most commonly costive ; the Urine now is remarkably high-coloured, but towards the Decline of the Fit, a gravelly Sediment appears therein, and hardly a third Part of the Liquids taken is voided by Urine while the Fever rages ; but as soon as the
Urine

Urine begins to separate, it clearly indicates a quick Restoration to Health again.

The Fit is generally accompanied throughout with Loss of Appetite, Dejection of Spirits, and a Heaviness and Uneasiness even of those Parts that are not affected by the Disease, and, more or less, with a Chilness of the whole Body, as if cold Water was poured upon it, which is a sure Sign of a severe and tedious Fit, if this Chilness frequently returns. But when the Fit is going off, a violent Itching seizes the Part affected, whence the Skin peels off, like a leprous Kind of Scurf.

The Fit being over, Anxiety is banished, Appetite and Digestion is restored, and Strength returns with Vigour, sooner or later, according as the immediate preceding Fit hath been more or less severe. And it is impossible to remove the offending Humour without acute Pain, to make the Gout serviceable to the Patient; for Pain in this Disease (as I said before) is the disagreeable Remedy of Nature; and, in consequence of this, the following Fit comes on, in a shorter or longer Space of Time; for, if the last Fit proved very violent, the next will not attack the Patient till the same Season of the Year returns again, and when the Fit is full, perfect, and exquisitely painful in the Extremities, we then deem it regular.

Under

Under these apparent Circumstances, the febrile Disposition is more or less an Attendant, and as the State of the Distemper advances, the Fever does so, tho' not of an original, but symptomatical Species, entirely dependant on the Pain; and as the Pain is more or less severe, so will the Fever be proportionably acute or remiss. The Fever, in no Part of this Disorder, requires a particular Treatment, as others which are original do; neither does it advance to a regular Crisis, as an Intermittent, and therefore cannot shorten the Fit, or indicate the least Intermission from Pain to the Patient, but on the contrary, encreases his Misery *.

In this Manner does the regular Gout, accompanied with its genuine and proper Symptoms, appear, and while Nature is able to clear the Blood and Juices of crude and indigestible Matter (the Source of the Disease) at every Paroxysm,

* Some Men are weak enough to treat the Gout as intermittent, because the Symptoms appear more acute and raging in the Evening than in the Morning. This is so in *other* Disorders, the Work of Nature then digesting and preparing offending Humours for Expulsion. Last *May*, I saw an instance of this Practice on a Gentleman, greatly subject to frequent and painful Fits. Through a Course of Intemperance, the Gout seized his Stomach, attended with Sickness, Reachings, convulsive Shiverings, and cold clammy Sweats; his Physician directed the *Bark*, which put a Period to his Life in two Days Time.

the Patient is sure of enjoying, in the Intervals, the most lively Degree of Health, and Vivacity of Mind, which, in some Measure, recompences the Sufferings of the Fits, provided they do not return too thick upon one another.



C H A P. VIII.

Of the CURE of GOUTY FITS.

In proceed now to the *Cure* of this grand Enemy of Mankind, this Scandal of Physick. The Word *Cure*, is of great Latitude, and may surprize my Readers, but I mean no more, than as other Diseases, are properly said to be *cured*. In treating of which, we should first make a proper Distinction between the *Gout*, and a *Fit* of the *Gout*, as we do at other Times between the *Stone*, and a *Fit* of the *Stone*.

The *Gout* then is a long contracted Habit, or morbid State, which upon any remarkable Irregularity, is formed by a Collection of Humours, that proves injurious to the Viscera. This Redundancy of Humours, is, by the Law of Nature, forced upon the Joints of the Body, and then terminates in, what is called, a regular *Fit*. Now a Man may have this Disposition of Body, and perhaps never have any actual *Fit*; and again, another may have the *Stone* in his Kidneys or Bladder, and may even *then* be said to have the *Stone*, though he

is not at all troubled with any sensible Fit. The *Cure* of the *Gout*, and the *Cure* of the *Fits*, are also two *different* Things, and ought to be considered as such, according to their different Circumstances. If therefore, a Patient in a *Fit* of the *Gout*, sends for Assistance, he must *then* only expect to be *cured* of his *Fit*; and if instead of a *Fit*, or Series of *Fits*, that hold him confined three or four Months in great Pain, he should be cured of his Pain in three or four *Weeks*, I think he has Reason to thank *God*, for so great and valuable Assistance, and to embrace it with Joy.

Since the hereditary, as well as adventitious *Gout*, proceeds from the *same* Principle; (the latter being in many Constitutions equally violent with the former,) therefore, I will take upon me to *assure* a gouty Person, of a *firm stiff* State of Nerves, *middle Age*, and free from *Chalky Concretions*, that he shall receive the above-mentioned Benefit, in *ten* or *twelve* Days Time: A Person, of the same Age, subject to a *nervous Gout*, in a loose, flabby, and relaxed State, in a *few Days longer*: But when the Patient is ascending towards his *Grand Climacterick*, then, and then *only*, the Time cannot be directly ascertained; I may, however, venture to affirm, that he will receive Benefit in a *third Part* of the *customary Length* of the *Paroxysm*.

The

The general and direct Method to cure the Gout, in the Fit, is to procure a gentle Perspiration, and breathing Sweat, by a Medicine every Night at Bed Time, so long as the Fit continues: A Medicine that causes no Sickness at the Stomach, and that is easily digested, spreading a gradual Heat and Warmth, through the whole Body, by which Means, the Arthritic Matter will be evacuated, the Solids restor'd to their due Elasticity and Vigour; and if repeated, as often as gouty Sensations arise, will bid fair for a total Extirpation of the Disorder.

The most effectual Way to conquer this growing Evil, is by Temperance, Exercise, and Medicine, which will in a short Time, extirpate the gouty Humour, if acquired; or if hereditary, subdue it, so as to render the Fits few, short and perfectly regular, by which Life will be indeed easy, useful, and desirable.

The Coagulum, or saline Impurities, in the Blood and Juices, the Rudiments of the Disease, is by this Method absolutely dissolved, and pushed out of the Body, thro'

those salutary Passages, the perspiratory Vessels of the Skin and the Urinary Glands; whereby the Body is freed both from the Pain, and its Cause at the same Time: And I do aver, that in the Course of above *twenty-five Years Practice in this Disease*, I have always found *this Medicine* sufficient to carry off the most inveterate, lingering, or painful Fit of the Gout; and, in the Abundance of Patients, never attended with any ill Effects. I have this *further* to say, that I have forced the Disease *from the Stomach, or Intestines, into the Extremities*, in a *few Minutes Time*; but to set this in as clear a Light as possible, I appeal to a few Cases, which I have selected from a prodigious Number of *living* Evidences, and those of *Rank and Fortune*, as the *strongest* Advocates for my *Medicine and Practice*. But first, give me Leave, to premise the Direction, given along with the Medicine, which is as follows:

Directions given with the MEDICINE.

Upon the least Appearance of a gouty Fit, take, at the usual Hour of Rest, the Pill and Draught, shaking the Bottle, washing it out with a little Wine, which drink after it, that the Powder in the Bottle be not lost. An Hour after, drink, as the Stomach will bear it, about a Pint of warm Madeira Wine Whey, and encourage Sweating: Repeat the Pill and Draught in like Manner, every Night during the Fit, and

as often as gouty Sensations arise. When Costive, take as much lenitive Electuary, or a Solution of Manna, as will cause a Stool; but if lax, a Cup of red Wine mull'd, with Mace and Cinnamon, at any Time of the Day. Never exceed two Motions in twenty-four Hours. Perspiration is most agreeable to Nature in this Disease, and never fails relieving, which is supported by Wine Whey, small warm Rum Punch, or other thin Fluids. Spicey and salt Foods, restraining Wines and Opiates, are highly pernicious. Madeira Wine is preferable to all others, abounding with little Tartar: If that which is genuine cannot be had, substitute Mountain or Raisin Wine. It is an established Rule, and happy Prognosis, that as soon as this Medicine ceases to sweat the Patient, and the Urine appears with a Sediment in it, of a gravelly Substance, the Fit is near a Conclusion. It is then proper to omit the Medicine for a Night. But when the Urine is of a Citron Colour, leave it entirely off, carefully avoiding damp Air, North and East Winds, or any Means that hinder Perspiration for three or four Days after.

This Medicine is so contriv'd, that it will keep its goodness, in any Climate many Years, but a temperate Heat is best.

The best Cordial Fluids, are those that have the least Tartar in them, as Madeira or Raisin Wine, small Rum or Brandy

Punch, mild, middling soft Ale, about six Months old, four Bushels to the Hogshead. These, with Moderation, may be us'd with great Safety. If an Acid disagree, the Patient may substitute the Jelly of Currants. It is requisite during the Fever, to dilute plentifully, with warm, soft Liquors; such as old small Beer, with a little Wine in it; Water boil'd with Mace, made Cordial with a little Rum or Brandy; Green or Sage Tea; thin Water Gruel, or Barley Water, with a little Wine; small Chicken Broth, or Wine Whey; to keep up Perspiration.

Liquors during the Fit, may be more freely indulged than solid Foods, and are always to be so regulated, that they sit easy on the Stomach, not rendering the Patient more hot and restless, than the Gout itself would do. For whatever causes Sickness, must of Course draw in the gouty Humour; but if it produce an agreeable Warmth, and do not inflame, will procure Perspiration and Rest.

The Diet must be easy of Digestion, what sits easiest and lightest on the Stomach, gives no Oppression, Heaviness, Heat or Feverishness, while it is digesting; such as Sago or *Panado*, with a little Wine in it, Jellies, Broths of Chicken, Veal, Lamb or Mutton, with a little White Bread in it; also Milk Pottage, Sago Milk, or thin Chocolate, Barley Gruel; with various other
Articles

Articles, of a Nature and Property in which, the Patient may indulge, as often as he perceives his Stomach can agreeably bear them.

All Salts and pickled Meats and Foods, of abundant Nourishment, must carefully be avoided. Little or no Flesh Meat during the Fit is best; but if the Patient cannot be supported without Flesh, let it be of that Kind of the white Animal Food, that is young and tender; rather boil'd than roast-ed, without any Improvement, saving that of plain melted Butter. Also let him eat as moderately as possible, for over-much feeding, nourishes the Disease, and prolongs the Fit. The Drink should be either Barley Water Milk warm, Toast and Water, Wine and Water, small Beer with a Toast, or small Punch; if the Spirits require it, and Digestion is bad, a Glass or two of Madeira Wine, or White Port may be taken. In case the Body is costive, opening Food should be made Choice of, if lax, the contrary. And if a Stool is not procured regular once a Day, a Clyster must be given of Broth, with the Carminative Seeds boil'd in it, or some opening Electuary, or a Solution of Manna, which will cleanse the Intestines of preternatural Flatulencies.

The Urine, which in the first Appearance of the Fit, (if the Gout be regular) is of an inflammatory Aspect, will, after

the taking of four or five Doses of my Medicine, deposite a Sediment of a gravelly Substance, which is a salutary Sign, that the Fit is near a Conclusion. Moreover the afflicted Part, which gradually tumifies and looks fiery and Red, manifests the Humour is digesting, and the Fury of the Fit almost spent. Then a plentiful Dilution, (provided the Stomach is not charged with too much at once) with soft Fluids, will not only promote the Digestion, but hasten Relief, and greatly shorten the Fit.

When the inflammatory Particles, in the Mass of Blood and Juices, productive of the Gout, are by the Power of Nature and Medicine, so far subdued and evacuated by Sweat and Urine; then the Disease may properly be said, to be in its Declension. In which Space of Time, the Part affected, which in the State of the Paroxysm, looked excessively red, assumes a more pale, or natural Aspect; tho' it continues much tumified and pasty, with weakness and stiffness in the Joint, and perhaps but little or no Pain, unless excited by Pressure or Motion. In this pleasing Scene (for so it may justly be call'd, in Respect to the preceding Misery of the Fit) there is no Danger of the Removal of the Gout, from an extreme Part of the Body, to the Head, Stomach, or Bowels, provided Temperance, along with Medicine, is attentively observed.

ved. And indeed it is requisite, cautiously to regard *that* Method, otherwise the Disease may return with fresh Force and Vigour, and form another Fit.

When the Part affected is so little painful, as to permit gentle Friction, I would recommend the Use of the Flesh-Brush. Indeed it is proper, frequently to use it, in assisting the Recovery of the imbecillitated Parts, which the Severity and Continuance of the late Pains have much weakened. Therefore, let the Patient be well rubb'd with it every Night and Morning, or every Morning at least; by which an open and free Perspiration will be obtained. Besides, the Flesh-Brush cleanses the Skin of that natural Scurf, that hinders a free Perspiration. Friction invites the Humours to the Skin, that possibly may prevent their falling on the Joints again. Further, the bathing the Parts, with an hot Decoction of Bran, afterwards anointing them with some emollient Ointment, will surprizingly strengthen and dislodge the Remnant of Arthritick Impurities, from the Joints, on which they are deposited. *

By Decoction of Bran, with Camomile Flowers.

* Many have greatly suffer'd, by using Repellants, and cooling Applications to the Feet and Hands, before the Gouty Humour was perfectly watted. This is highly prejudicial, and therefore to be avoided. The best Remedy, is warm Flannels and Patience, which will promote Sweating. After the Pain is over, Friction with the Flesh Brush is good, bathing the Parts in an hot

By this Method, I have cured Contractions of long standing, and often direct the Bath to the Feet, in order to invite the peccant gouty Matter thither, in the Beginning of the Paroxysm.

There is another Thing to be observed, which tho' it may seem trifling, yet is of great Consequence to Arthritics, and that is going to Bed early, especially in the Winter. Nothing impairs the Strength more than sitting up late at Nights, which every Valetudinarian can affirm, from his own Experience. Though there may seem to be no Difference betwixt going to Bed earlier or later, provided a Person lies in Bed the same Number of Hours; yet there is, and, I conceive, for this Reason principally, that in the Day, the Spirits are dissipated, either by Exercise of the Body or Mind, which are weak in sickly Persons, so that they require the Assistance of Sleep earlier in the Evening. As the Approach of Night occasions a Kind of Relaxation of the Nerves, the Tone of which was kept up in the Day, by the Heat of the Sun, the Warmth of the Bed becomes more necessary, to supply the

hot Decoction of Bran, with Camomile Flowers. At Bed Time, anointing with Opodeldoc, (and that I esteem the best, which is made after the old Receipt, abounding with Aromatick Plants,) will surprizingly dislodge the arthritic Remnant of Impurities from the Joints, on which they are deposited, and strengthen them. This as often as the Patient pleases.

Place

Place of the Sun, especially in the Winter Season. For this Reason, I advise such as are subject to the Gout, to go early to Bed, and to rise betimes in the Morning; tho' their having had less Sleep than usual, may incline them to lie longer, in order to make it up. But, the Sleep which is got in the Morning, will rob them of as much the next Night; and thus at length, by doing Violence to Nature, and despising its wise Dictates, the Night may be preposterously turned into Day, and the Day into Night. Eight Hours Rest, I think, is sufficient for any Person, and nothing can be more prejudicial to tender Constitutions, than lying long in Bed in a Morning, as it causes an Heaviness and Want of Appetite. But by rising early a brisk Flow of Spirits, Chearfulness, good Stomach, and an entire Dissipation of the Vapours will ensue.

I have hitherto treated of the Gout, and attended it from its introductory Appearances in the extreme Parts; I shall now proceed to speak of it in its most dangerous Situation, viz. the Head, Stomach and Bowels.

The Gout very rarely attacks the Head, Stomach, or Bowels, unless in the Decline of Life, or from the striking in of the gouty Matter by Repellents and cooling Applications to the Parts affected, in Order to ease Pain. Whence the morbid Matter, which should

should have been lodg'd in the Joints, is translated to the Viscera. *It is remarkable,* that when the Gout once makes a Lodgmnet in the Viscera, (although it is easily driven back again to the Extremities, nevertheless on the *least Irregularity* hereafter,) it is sure to return thither, with equal Force and Rancour. Then greater Skill and Dexterity are required, to force it back. We should therefore be cautious in this particular, and avoid whatever Things, are productive of so great Mischief. Now there are two Ways to exasperate the Gout, besides topical Applications, namely, Bleeding and Purging Medicines.

With respect to Bleeding, it should be noted, that the morbid Matter, ought always to be translated to the Joints. Bleeding will only invite the Gouty Matter back again into the Blood, which was thrown off by Nature, upon the Extremities; and hence, what ought to be deposited on the Joints hurries, perhaps, to the Viscera. Then Head-Achs, Vertigoes, Sicknefs at Stomach, Loss of Appetite, sour Eructations, and wandring twitching Pains all over the Body, are occasion'd, which endanger the Life of the Patient, who was quite safe before. Again, Bleeding, tho' it may seem to bid fair for evacuating the Humours, yet never will, but is sure to weaken the Mass of Blood, already too poor and corrupted; therefore

therefore manifestly disagrees with Nature. Her Interest and Endeavour, are always to expell the peccant Matter upon the Joints, thence to be carried off by Sweat; and, for this Reason, it ought not to be used either by Way of preventing an approaching, or easing a present Fit, in young or old Persons. For, tho' the Blood that is taken away, resembles pleuritic or rheumatic Blood, yet Bleeding has ever been found to do as much Mischief in the Gout, as it does good in those Distempers. Bleeding in the Interval, (tho' long after the Paroxysm,) is apt to occasion a fresh Fit, by weakening the Blood and Juices; and it is manifest, that the succeeding Fit, will become more painful and obstinate by Bleeding, and Nature be debilitated so very much, by the Use thereof, as to render the Disease inveterate, even in Youth, and cause it to get Head more universally in a few Years Time, than it otherwise could in many, and, what is more certain, pave the Way for a Dropsy.

Again, Bleeding, (in younger Persons, who are more than ordinarily addicted, or accustomed to Wine,) in the first Fits; where there is a plain Plethora, and the Defluction falls violently, like a Torrent on the Viscera, will be a proper Preparative to Medicine, to relieve the Disorder. But tho' Bleeding, where proper, may allay the

the present Symptom, yet, at the same Time, it is more apt to impair the Tone or Strength of the Nerves, than to take away their Imbecillity. The Eyes and optic Nerves, are very sensibly weakened by Venesection, the very Day that it is performed; and though, in younger People, that Weakness is soon enough repaired again, yet it plainly shews, that in all Diseases, which proceed especially from a Weakness of the Nerves, this Remedy ought to be us'd with great Caution, and not without the Necessity, as before specified; and then only, in the Ankle or Foot. The Loss and Inconvenience of one single Bleeding, in elderly Persons, (or in habituated Gouts,) will perhaps never be made up during Life: So that the Use of the Lancet is almost as much to be dreaded, as a Sword struck to the Heart.

And as for purging Medicines, it is a fix'd Law of Nature, and interwoven with the Essence of this Disease, that the arthritic Matter, should be fix'd to the Extremities; yet it is certain, that Cathartics, are so far from carrying off any of the gouty Matter from thence, that it only hastens the Mischief, it was intended to prevent, by inviting the peccant Matter into the Blood again. And this has often been the Case, with those who have had Recourse to Purgatives, to ease the Pain in the Fit, or prevent

vent it ; for Purgatives weaken and diminish the natural Heat, prevent Nature from pursuing the usual, safest, and best Method, of fixing the morbid Matter to the Joints, by forcing the Humours inward upon the Bowels. Then, instead of Pain in the Joints, which is either slight or none at all, the Patient is almost destroyed by Pain and Sickness at Stomach, Gripings, Faintings, and constant lowness of Spirits, with a numerous Train of irregular Symptoms, the Consequences that attend Bleeding, and purging Medicines in the Fit.

There is another Caution to be observed, which, I shall take Notice of in this Place, against a very common, tho' often dangerous Error, by which the gouty Matter is certainly augmented and inflamed exceedingly, in the Mass of Blood and Juices, and stimulated more immediately to affect the Viscera. When the Gout is in the Feet, Hands, &c. some Men are too much devoted to an Indulgence, in generous Wines or Drams, as they say, to secure the Head and Stomach, from the Attack of this Disorder, which is already in Possession of one or more Parts of the human Fabric. But this Method is like pouring Oil upon Fire, and, instead of suppressing and extinguishing, is well known to have a contrary Effect on the Gout ; therefore ought to be abstained from, lest the Ballance of Nature should

should be so far impaired or destroyed, as to suffer the Distemper to triumph in its Dissolution, from the Accumulation of fresh arthritic Principles in the Stomach itself; for *what invigorates the Cause, cannot enervate the Effect.*

I can think of no other Motive, for this delusive and destructive Practice, than the natural Propensity we have to Cordials, to warm the Stomach, and elevate the Spirits, sunk and oppressed by a painful Disease. But nothing is more ridiculous than this Method, which is sure to inflame and increase the Malady, and always leaves the Stomach sick and mawkish after it, the Spirits more oppressed, and obliges us next to have Recourse to Drams, till at last we can find nothing hot enough for us. *

Those who have any Regard for their Health and Ease, ought to tremble at the first Cravings for such poisonous Liquors, which should never be taken but in extreme Necessity: But when Persons arrive at that State, when Drams become necessary to their Ease and Freedom of Spirits, they may be

* Thus from *one Error, a greater commences*; a little lowness of Spirits, must be cheer'd with *Wine*, this passes easily down, under the Notion of a *Cordial*; *Wine* as readily begets *Drams*, which are prosecuted till even *they* lose their *Warmth*; thus the poor emaciated Creature falls a Sacrifice to his *own Humour*.

justly

justly reckoned among the Dead, both as to the short Time they have to live, and the little Use they can be of, either to themselves, or Mankind. Spirituous Liquors, like Opium, will alleviate racking Tortures of the Gout, but yet, as an inflammable Body, it greatly adds Fuel to the Flame, and increases arthritic Materials. Besides, as a drying Fluid, it not only causes Costiveness, but hinders that salutary Evacuation *Sweat*; and every one knows, that great drinkers of Wine and Spirituous Liquors, are more subject to *this* Disease, *Stone*, *Rheumatism*, *Dropsey*, and *other* Distempers, than those are that drink small and simple Fluids.

I have no Intention to discourage the drinking of Wines in the gouty Fit, but would have them us'd as Cordials, and then sparingly. It may be asked what Quantity I allow? I answer, if they have been accustomed to drink Wine, a Pint in twenty-four Hours; and am well satisfied that Quantity is sufficient to support the Spirits. Indeed, the Spirits may flag and sink a little at first, for the Want of the usual Quantity; but I don't rank Low-Spiritedness, in the List of Diseases. The bearing it for some Time, is amply compensated by a quick Restoration to Health, and a plentiful Flow of Spirits.*

* The Pretence for relieving gouty Paroxysms by strong Cordials, is as repugnant to the Laws of Nature

In the gouty Intervals, many of my Patients are guilty of another great Error. They think, that the only Remedy for a good Digestion, after a full Meal of high and luxurious Delicacies, is Plenty of Wine: That the Cure of a Surfeit of Meat, is a surfeit of Wine. Than which nothing can be more false, or directly contrary to Nature; as 'tis lighting the Candle at both Ends, and the swiftest way to Destruction. Wine, and all other strong Liquors, are almost as hard to digest, as strong Food itself, thro' the Injury it does to the concoctive Powers. This is not only evident, with respect to People of weak Stomachs, but also from hence, that healthy People, who drink small Liquors, are able to eat and digest almost double the Quantity those do, that drink strong Liquors at their Meals, as Experience plainly demonstrates. I

and Dictates of Reason, as to relieve an inveterate Disease, by *those* Principles which *create* it. I am positive, no wise Man will attempt such an Absurdity, knowing such a Practice is contrary to the Course of Nature, whose chief Design is ever to force the morbid Matter out of the Body by *gentle breathing Sweat*. *This Method* I pursue, with *that* of a cool and temperate Regimen. Thus raging Fits are prevented. Sweating not only abates the *Fever*, but *contracts* the *Fits*. It discharges the *peccant Humours*, by the *cuticular Pores*, purifying at the same Time, the *Blood* and *Juices*, which keeps off *frequent Returns*, and by Degrees destroys the *gouty Habit*.

have known many of weak and tender Constitutions, who could neither eat nor digest upon drinking of Wine, yet by drinking at Meals good Table Beer only, have recovered their Appetites and Digestion, and tho' before weak and emaciated, have thriven and grown plump. What tho' our Spirits may, at first setting off, droop a little for the usual Quantity of vinous Fluids: We had better bear the Want thereof now, before the Constitution is wholly broke, whereby, we are sure to prevent many a Pang; but if we give way to this Weakness, we shall in the End suffer a real Martyrdom.

It surprizes me greatly, to see the Virtuous and the sensible, bound in these habitual Fetters, who, tho' they have so *feelingly* tasted the bitter Cup of Affliction, yet fatally persist in their Error. Did this bewitching Poison, *Wine*, actually promote Digestion, something might be said to extenuate the Folly and Frenzy of drinking it: But on the contrary, as it increases and enrages all the Sufferings ever afterwards, it is downright Madness.

With regard to Sweating, is it not observed in almost all Disorders, that this is the Discharge, unassisted Nature seems most inclin'd to procure? which so quickly relieves most of the Distempers Mankind are subject to, discharging the morbid Cause of its Oppres-

sion, by a Million of Out-lets, through the cutaneous Pores. Are not Perspiration and Sweating the most likely, as indeed they are the most usual Methods of Nature, to relieve the Gout? And must it not be rather from Accident, than constitutional Choice, that Nature ever uses any other Means? Sweating is Nature's surest Method of expelling Diseases, which whenever defective, soon amounts to a Fit of Sickness, and this is the Reason why, in hot Climates, People no sooner find the Disposition to Sweating cease, than they find the Disposition to Health cease along with it.

Thus much the Weight of the Subject forc'd from me; which brings me in the next Place, to take Notice of the Gout in its most dangerous Situation, namely, the Head, Stomach, and Bowels.

Of the Gout in the Head, Stomach, and Bowels.

When the Gout is in the Head, it creates violent Achings, and Pains, comparatively speaking, as if a Dagger was thrust through the Head, or a Cord ty'd hard about it; sometimes the Patient is drowsy, and of a comatose Disposition, and sometimes the Symptoms

Symptoms are scarcely to be distinguished from those of an Apoplectic Fit.

To expell the noxious Matter, and free the Head from this dangerous Incurſion, requires every Effort in the whole Circle of Knowledge. On the firſt Appearance of the Diſorder, no Time is to be loſt. The Enemy may be expell'd by Evacuation and Re-
vulſion, into the Extremities again, and muſt be treated like any other violent Head-Ach, or as an Inflammation on the Brain, viz. Bleeding in the Foot, Hot Baths for the Feet, Bliſters to the Feet and Legs, ſtimulating Clyſters frequently injected, and, every fix Hours, a Doſe of my arthritic Medicine, muſt be given to promote Sweat, diluting plentifully with warm thin Fluids. By this Means the gouty Matter will have a Vent downwards, and in a few Days Time, the Patient will be reſtored to his Health again, the Gout becoming regular. But, if, from this Method, the gouty Senſations in the Head are not relieved, by the Expulſion of the Diſorder to the Extremities, but Convulſive and Paralytic Symptoms appear, with a total Suſpenſion of Reaſon, the Diſſolution of human Nature is then not far off; and all future Attempts to prevent the fatal Progreſs of the Diſeaſe, will be rendered
• abortive.

The Gout in the Stomach is a common and less dangerous Case, than the Gout in the Head; for it rarely comes on or goes off in every Fit, without some slight Touches there; but towards the Decline of Life, especially in those who have long been afflicted with the Distemper, it becomes more obstinate, particularly when it fixes with a constant Pain and Sicknes, accompanied with a Fever, Loathing, and violent Reachings. In this Case, I always found a remarkable Success by the Use of my Medicine, as well as in the former. I have seen a *single Dose* dislodge the Disease, and in a *few Minutes Time* force it into the Feet. But should this Disorder continue, and not immediately yield to my Medicine, (which very rarely happens) I administer a Vomit, and pursue the same Method along with it, as for the Gout in the Head.

If the gouty Matter occasions a Looseness, for want of being translated to the Joints, attended with Sicknes and Gripings, the most certain and speediest Way to remove it, is by *this Medicine*, with the Addition of some *Styptic*, which raising a plentiful Sweat, will in a few Days-time effectually carry it off. The common Drink in this Case, is one Part Claret, and two Parts Tilbury-Water warm, with a little grated Nutmeg in it.

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There is another dangerous Complaint, which I now and then meet with, when this Disease is in its last Stage; namely, a Translation of the offending Humour, from the Stomach or elsewhere, to the Lungs. It there excites a *severe Cough*, with laborious and unequal breathing, as in a *confirmed Asthma*. The noxious Matter that constitutes this Disease, so affects the Organs of Respiration, that 'tis with great Difficulty the Patient is able to support himself. In this Case, I apply a Blister to the Left Side under the Breast, bleed in the Foot, and, if the Body is costive, direct Clysters; and along with my Medicine, give warm Pectorals every six Hours, which never fails dislodging the gouty Matter, forcing it to the Extremities, and spending it there.

Give me leave, in this Place, to touch upon a very erroneous and dangerous Practice.

I am sensible, that Mercurial and Antimonial Preparations, are frequently given as sudorific Alteratives, in the Gout, in order to attenuate the Blood and Juices, to break the Cohesion of their Parts, to destroy their Viscidity and Glewyness, to make them sufficiently thin, and fit to flow into the small Vessels with Ease; and that Opium, in large Doses, is blended with them. I have known some, who for the present, have found Relief this Way; but then the succeeding Fit, proved more dangerous and ob-

stinate, which sufficiently evinces the mischievous Consequences of mineral Bodies, and Opium in the Gout. To prove this to be Fact, I can produce a variety of Prescriptions, taken by Patients at the hazard of their Lives, that were afterwards cured by me. I cannot conceive the Wisdom of adding Fuel to Fire, which *they* certainly do, who administer mineral Compositions. 'Tis owing to such violent Methods, namely, Bleeding, Purging, Mercurial, and Antimonial Preparations, along with large Doses of Opium, that now-a-days, so many die of this Disease. Arthritic Salts have Force sufficient to break the Blood, and lacerate the small and tender Vessels, without Assistance of Mercury or Antimony; and if we but consider how poisonous they are to the nervous System, we shall not wonder that *Dropsies, Jaundices, Palsies, Hypochondriac Symptoms, Loss of Memory, and the other Faculties*, too often attend such *unwarrantable* Methods.

In the Practice of *very many Years* in this obstinate Distemper, I do not remember *an Instance* of a Fit of the Gout, that withstood the Power of my Medicine, so *long a Time* as a *Month*. Another good Property attends it; namely, that the Gout never attacks the Viscera, at the Time the Patient takes it, but the Distemper is constantly carried to the Extremities, and by *Sweating*,
(which

(which is the only Operation) is entirely carried off. Another Thing I would observe, that is, the vain Expectation the Patient entertains, of an immediate Cure. How is this to be done, or how can it be expected? For it is very well known, this obstinate and deeply rooted Disease, cannot possibly be eradicated in a short Time, nor *at all* without Temperance. This, together with an Inconstancy and Impatience of being confined in his Appetite, makes him throw off all Remedy, as well as Restraint, in Despair, and give himself up to an habitual Indulgence in all those things that brought on, or exasperated the Distemper: Or else he runs about changing from Medicine to Medicine, till he is cheated at once, out of his Life and Money. It is surprizing, that reasonable Men can imagine, that in any small Time, so stubborn a Disease, that perhaps was brought with them into the World, and interwoven with the very Principles of their being, or, at least, may have been ten or twenty Years a breeding, by Excess, or an indiscreet Regimen, should be removed on a sudden. If the Patient finds Relief in a few Days, I think it Encouragement enough for him to be thankful to Providence, and persevere, as often as gouty Sensations arise, with Chearfulness and Courage. By such a Resolution, he will bid fair for a total Extirpation of the gouty Habit. That
obtained,

obtained, there will then be no Danger of a Relapse, by a Life of Temperance. A Freedom from Pain, a vigorous Exercise of the rational Faculties, I think, is an ample Compensation, for tedious and mortifying Restraint, and Health, almost at any Rate, a valuable Purchase.

Having now attended the Gout in its different Situations, I shall next proceed to mention a few Cases, and conclude the Whole with a dietetic Regimen and Exercise, to be observed *out of the Fit*, in order to preserve that invaluable Blessing, Health.



SELECT CASES.

CASE I.

A Reputable Tradesman, of worth and Ingenuity in *York*, about the Age of thirty, and of a tender Constitution, had for three or four Years, been greatly troubled with sharp Pains in his Stomach and Bowels, which returning so frequently, that he was seldom free from them a Week together, reduced him to so low a Condition, as to render him incapable of Business. He had consulted the most eminent Physicians of the Place, taken Variety of Medicines, such

such as warm Opiates in strong Cordials, &c. without any other Benefit, than such as was temporary, and which left him dispirited, low, and restless, even to Extremity. He had visited *Scarborough*, and other Spaws in that County, and in short run over, again and again, the whole Circle of Nervous, Stomachic, and volatile Medicines, but with so little Success, that his Fits now became more severe, and more frequent than ever.

In this unhappy Condition, he apply'd to me, his Physicians having been all along of Opinion, that his Disease, was the Effect of some gouty Humour, and that “ *if a regular Fit could be brought about, his Health would soon be established;*” from whence he was induced to hope, for that Success from my Medicine, which he had vainly expected elsewhere, at a great Expence. Accordingly he sent his Case, and his Sentiments thereon, to this Effect,

‘ That if the Disease proceeded from the
 ‘ Gout, it must be a Family Legacy, for
 ‘ his Father died of it; that his Pain was
 ‘ most violent in the Spring, and Fall of the
 ‘ Year, but that every accidental Cold renewed his Misery; that nothing but hot
 ‘ Medicines and Opiates could relieve him,
 ‘ which, nevertheless left such a Soreness,
 ‘ and dead Pain in the Body, that he could
 ‘ not stand upright for a Day or two after;
 ‘ that as to his Constitution, he was rather
 ‘ hot

' hot and dry, naturally lean of Body, and
 ' generally costive; and, when in Health,
 ' subject to the Piles, and bloody Stools.
 ' That he had not observed any Symptoms
 ' of the Stone, only a red Sand in his Wa-
 ' ter, upon the Decline of a Fit. The Na-
 ' ture of his Business had obliged him to
 ' much Riding, which of late he had de-
 ' clin'd, not thinking it safe, on Account of
 ' the so frequent Attacks of the Disease.
 ' That he sometimes had a Disorder in his
 ' Head for a few Hours, which occasion'd
 ' a giddiness, and at the same Time a re-
 ' markable Coldness in the Extremities,
 ' which he believed to be the Gout; that
 ' he had more or less Pain in his Stomach
 ' continually. And lastly, that when the
 ' Weather was cloudy or going to change,
 ' he sometimes felt flying Pains in his Feet
 ' and Ancles.'

On the first of *August* 1751, I sent him
 a Box of my Medicine, which very soon
 produced a regular Fit of the Gout. On
 every Appearance of a fresh Invasion, he
 repeated the same, by which Means, in
 about two Years Time, he entirely conquer-
 ed the Disease, and got perfectly rid of his
 Complaints, enjoy'd a good Appetite and
 Digestion, and was able to pursue his Busi-
 ness with as much Heartiness and Chearful-
 ness, as any Man whatever; which good
 State

State of Health he now continues to preserve;
by strict Temperance and Exercise.

C A S E II.

July 10, 1751. A very eminent Surgeon and Man-Midwife in *Yorkshire*, apply'd to me for Relief. His Letter was as follows:
 ' Sir, I had the Happiness to be at a Gentleman's House, attending his Lady, when
 ' I had the Pleasure of meeting with a Clergyman, who is prodigiously afflicted with
 ' that most abominable Distemper, the Gout; and you having been so kind as to
 ' send him *your Medicine*, from which he
 ' has received the greatest Relief; and as
 ' my Case and Constitution is pretty much
 ' like his, I have, on his Recommendation,
 ' made Trial of it, and *it has had that salutary Effect on me.*' On the 28th of last
 ' Month, I was in perfect Health, and
 ' went to Bed so; but in the Night was attacked by the Gout. I awoke with a
 ' Pain in the Joint of my great Toe, which
 ' continued for three Days. I then began
 ' with your Medicine, and followed your
 ' Directions. That Night I had Ease, and
 ' the third Day I returned Home. I desire
 ' you will send me as many Doses as will
 ' amount to five Guineas, and I will remit
 ' the Money by a Friend, who will shortly
 ' be in Town.' This Gentleman, by these
three

three Doses, got perfectly well, and, as I am informed, has so far subdued this Disease, as to have but a short regular Fit of it once in a Year or two, which the same Medicine easily carries off, and he enjoys Health with Chearfulness and Activity.

C A S E III.

An eminent Merchant near the *Exchange*, who had greatly experienced the Effects of my Medicine, and from a Principle of doing Good, strongly recommended it to all his gouty Brethren, particularly requested me to take Care of a young Man in his Neighbourhood, of about twenty-five Years of Age, who then lay grievously afflicted with the Gout, and had been confined for a considerable Time. This Man, by Profession a Victualler, was of a full, fleshy, and gross Habit of Body, descended from a gouty Family, and had very early in Life felt slight Touches of it. By coming into Business, and living freely, he soon hastened the Mischief, by the Accumulation of a large Stock of arthritic Materials, which probably a strict Perseverance in a Course of Temperance and Exercise might have kept under during his whole Life-time. But now the Disease grew apace, and early shewed its Virulency, affecting his Joints to such a Degree, as to confine him on every slight Cold, and when

when his Hands, Feet, Knees, Hips, or Shoulder Joints were not affected, his Stomach and Bowels were the greater Sufferers, so that he had no Ease, but by taking large Doses of Cordials or Drams along with Opiates. The 10th of *December*, 1752, I first saw him, and found him in great Agonies, the Disease having seized his Stomach and Lungs, and this attended with so great Pain, Sicknefs, and perpetual Reachings, as it was not in the Power of Opiates to alleviate or check: Besides he labour'd under so great a Difficulty in Breathing, as obliged him to procure the little Repose he got in his easy Chair, since he could not have it in Bed, tho' supported by many Pillows, and in an erect Posture. In this unhappy Condition I found him, wearied out with Pain, Sicknefs, Reachings, and Difficulty in Breathing, with cold clammy Sweats diffused over his Body, extreme low in Spirits, and crying out for Death to put an End to his Afflictions. He seemed indeed to have every Appearance of a sudden Dissolution, which so greatly intimidated me, that I doubted the Efficacy of *any* Medicine to relieve a Man in such *apparent Danger*. But what made me still more timorous and cautious was the Hazard of my Reputation, being called upon to succeed one of the *first Class of Physicians*, who, no doubt, greatly resented his Dismission, and the giving Place to one, who,
on

on a similar Occasion, appeared in his Eyes no better than an *Empiric*. However, at the pressing Importunity of my good Friend, and with full Assurance of his Protection, I gave the Patient a *Dose* of my Medicine, which had the *desired Effect*, for it *immediately* took off his *Sickness*, *Reachings*, and *Pain at his Stomach*, and in an *Hour's Time* after so greatly relieved his *Asthma*, that he threw himself across the Bed, and had several Hours refreshing Sleep. *That Evening* he repeated the Medicine in Bed, and an Hour after drank a Pint of *Madeira Wine-Whey*, by which he sweated plentifully, and had a comfortable Night, and the next Morning the Disease appearing in his Feet, all his prior Miseries vanished. His Appetite and Digestion were restored, and his Pain, Sickness, Reachings, and Difficulty in Breathing at an End. I continued the Medicine every Night and Morning for six or seven Days, after that once a Day for a Week more, in which Time his Health was *perfectly restored*. But about a Month after, (having transgressed the Bounds of *Temperance*) he relapsed, and the Pain and Sickness at Stomach returned, but not near so violent as before: However, having immediate Recourse to *my Medicine*, its Career was stopt, and in *one Week's Time* he got perfectly well again, and continued so for near four Years, excepting that now
and

and then, he complained of transient Pains in his Feet, but such as were not sufficient to detain him one Day from Business. About the latter End of *December*, 1756, he had a smart regular Fit of the Gout in his Feet, which continued about a Fortnight, since which Time he has had *no Return*, except a slight Touch now and then in the Extremities, and *that* as a Monitor, whenever he deviates from the *Rule of Temperance*, but otherwise enjoys a great Share of Health, Vivacity, and Strength.

C A S E IV.

A Person in the Business of Shipping at *Shadwell*, about forty Years of Age, desired my Assistance. This Man, by free living, acquired the Gout, and had for several Years regular Fits; but was, in Process of Time, seized in his *Stomach* with sharp Pain, attended with a Giddiness in his Head, that greatly alarmed him. He had followed the Advice of an *eminent Physician*, and taken Abundance of Medicines, but *without Benefit*. *November* the 2d, 1752, I gave him my Medicine, which, by sweating him plentifully, greatly relieved him. The next Night the Medicine was repeated, and also in the Morning, upon which the Gout appeared in his Feet, and by three or four Doses more was entirely carried off. Since

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which

which Time, his Fits have been short and regular, not troubling him above once or twice in the Year. *His Wife*, about the same Age, had for many Years been grievously afflicted with it, which she received from her Parents, and notwithstanding that she had led a Life of the strictest Temperance, (avoiding every thing productive of gouty Materials) the Disease increased so fast in her Hands, Elbows, Knees and Feet, and her Joints were so distorted, and loaded with chalky Concretions, as to make her a perfect Cripple. About the Time of her Husband's commencing my Patient, she took my Medicine, (the Disease having seized her Stomach) and in a few Hours was relieved. She now continually keeps the Medicine in Readiness, and uses it with equal Success, for it constantly drives the Disease to the Extremities, and lessens not only the Pain but the Length of the Fit.

C A S E V.

A Gentleman in *Yorkshire*, about sixty Years of Age, of great Honour and distinguished Worth, by *parental Legacy*, increased by *high Living*, was very early in Life tormented with the Gout; which, by long Neglect, grew so virulent, as to confine him great Part of the Year; what little Interval of Ease he enjoy'd, being only in the warmest

est Summer Months. During the Fit, he was greatly oppressed with racking Pains, Sickness, Reachings, Head-achs, Lowness, and Sinking of Spirits; the Disease, seeming to wander all over him, frequently invaded his Stomach and Bowels; add to this a Lameness during the whole Year. Thus wearied out, and greatly crippled, after having try'd the Skill of his *Physicians*, and, Year after Year, by *their* Directions, taken in their Seasons, *Scarborough*, and various *other Spaws*, as well as bathed in *hot Baths*, &c. &c. with no other Effect than the Increase of his Miseries; he was at last reduced so low, as to despair even of a *palliative Remedy*. In this dreadful Condition, he was prevailed upon by a neighbouring Gentleman (who had received great Benefit by my Medicine) to send me his Case, and put himself under my Direction. Accordingly, I sent him a Box of Medicine, which he began with the 20th of *May*, 1752, and after taking a *few* Doses, received great Relief; for his Gout was immediately confined to the Extremities, and his Fits became both *fewer* and *less painful*. He has now the Happiness to enjoy large Intervals of Ease, with brisk Spirits, good Appetite and Digestion. Besides, he can face severe Weather, can exercise himself in Hunting and other rural Diversions, with little Apprehensions of catching Cold, (having a regular

Fit *only* once a Year) and, in all Probability, should he persevere in the necessary Rules of *Temperance* and *moderate Exercise*, he may continue many Years a Comfort to his Family, and a Friend to Mankind.

C A S E VI.

A Widow Lady, having seen the salutary Effects of my Medicine in the Case above-mention'd, gave me an Account of her long Illness, desiring my Assistance. This Person, about forty Years of Age, had for six or seven years been greatly afflicted with sharp Pains in her Stomach and Bowels, bilious Vomitings, Sinkings and Lowness of Spirits, Rigors and Chills, succeeded by feverish Heats, Restlessness and Anxiety; which constantly returning with every Cold, had so weakened her Constitution, that her Life was miserable. She had consulted many Gentlemen, *eminent in Physick*, and taken Variety of Medicines, but none seemed to touch the Disorder. At length she was sent to *Scarborough*, and after that to *other* celebrated Waters, but with no other Effect than to increase the Disorder. At last she was seized with Shortness of Breath, Sickness at Stomach, and Reachings, that rendered her Recovery doubtful to her Friends. But receiving my Medicine, she took a *Dose*,
and

and in a few Minutes was relieved. She then repeated the Medicine five or six Times, which entirely removed her Pains and former Complaints, and she has now, I hear, for the Space of five or six Years, enjoy'd a perfect State of Health, without any Return of her Disorder.

C A S E VII.

A Gentleman in *North-street Westminster*, about fifty Years of Age, by indulging too much in such Principles as are naturally productive of gouty Concretions, had at length acquired a sufficient Stock of them to cause a Fit of the Gout, which returning at stated Periods, was looked upon as highly salutary, preventing other Diseases. But at last the Disease, from continuing regular in the Extremities, flew up into his Head and Neck, by which Sleep was banished, and the Pains he before complained of, when his Gout was regular, were now succeeded by those of a more tremendous Nature, such as would allow him neither Rest nor Ease, but confined him to his Bed and to one Posture. The 26th of *April*, 1752, I was sent for in a great Hurry, and administred my Medicine, by which, in an Hour's Time, he was thrown into a fine breathing Sweat, and dropp'd asleep: When he awoke, (a few Hours afterwards) he found himself

greatly relieved, being able to raise his Head from the Pillow. The next Day it was repeated, and Sweating promoted by warm Fluids, by which he was the next Day (after that) so greatly restored, as to sit up many Hours. Afterwards repeating the Medicine eight or nine Times, he got perfectly well, and has continued so ever since, having had *no Reason to repent the taking of my Medicine, or observing that useful Lesson Temperance,*

C A S E VIII.

An honest substantial Tradesman in *Southwark*, about forty Years of Age, to whose Family this Disease had formerly proved fatal, and whose Title to it, on that Account, seemed hereditary, had, in the Beginning of Business in his juvenile Years, so increased it by hard Drinking, as to have frequent and tedious Fits of the Gout; by means of which his Limbs soon grew nodose and contracted, the Muscles, before plump and full, became dry and emaciated, and though once a hale strong man, and able to perform Business with Alacrity, he was soon compell'd to give it up for a warm House, close Confinement, and a Series of Anxieties, eight or ten Months in the Year. Previous to his coming under my Care, the Disease for four Years had continually been irregular, had crippled his Feet, Knees, Hands, Elbows, and

and Shoulders, and after displaying its Tyranny on the Muscles, Tendons, and Ligaments, took its Seat and Residence in the Viscera. He now suffered by it in his Head, Stomach, Lungs and Intestines, and his Life was frequently in such Danger, that the utmost Skill and Dexterity of his *Physician*, could, with Difficulty, prevent the fatal Stroke. He had taken every Method for Relief, and his chief Anchor, Opiates, strong Wines, and Cordials, now became so familiar to him, as to lose their usual salutary Influence. But hearing the good Effect my Medicine had on some of his Acquaintance, he determined to take it on the next Attack, which happen'd the 18th of *September*, 1752. He then laboured under Sickness and Pain in his Stomach, and Cholical Disorders in his Bowels. The first Dose sweated him moderately, gave him Ease, and a comfortable refreshing Sleep. The Second Dose, brought on a more copious Discharge the Whole Night. Next Morning, the Disease formed itself in the Feet, and all his prior Misery immediately vanished. Continuing the Medicine every Night, for a Fortnight longer, it discharged the gouty Humour, and he soon got abroad again. He is so extremely pleas'd, and convinc'd of the *Efficacy of this Medicine*, that he always keeps a Number of Doses by him, to be taken *occasionally*, by which

Means, his Gout attacks him *only* in the extreme Parts, and the Fits are much *less frequent, less tedious, and less painful*. By continuing exempt from those troublesome Complaints, as formerly, in his Head, Stomach, and Bowels; his Appetite is good, his Strength and Vigour recovered, and he is again qualified, in the gouty Intervals, to follow his Business as usual.

C A S E IX.

A Gentleman in *Yorkshire*, well known, and highly esteem'd for his masterly Performances in Painting, acquir'd so much of the Gout, as it every now and then confin'd him from Business. But as every Fit appeared more and more formidable, by Sensations of it in his Stomach, he was determined to try such Means, as might stop the Progress of a Disease, the Bane of human Felicity. The 19th of *November, 1753*, he desired my Assistance, and I accordingly sent him my Medicine, which he took on the next Attack, when the Disorder was in his Stomach. The *first* Dose presently relieved him, and *three more* Doses effected a Cure. Since which Time he has had no Manner of Apprehension or Fear of Consequences, having a Medicine that immediately drives it off by Sweat, and renders him capable of enjoying Health, Vigour,
and

and Activity, his Bottle moderately, and his Friend.

C A S E X.

A very worthy Wholesale Dealer near *Guildhall*, between thirty and forty Years of Age, esteem'd by all his Acquaintance, was for several Years subject to Attacks in his Feet, which annually increased upon him, so that instead of one short Fit in a Year, he would have two or three, each of a Month's Continuance. Hearing of me, he took the Opinion of his Apothecary, (an Ornament to the Profession,) who assured him, that a Medicine for the Gout, whose Operation was by Sweat only, must not only be efficacious, but very safe, as Opium or Minerals were no Part in the Composition. Accordingly, on the 5th of *March*, 1753, he took a Dose of my Medicine, which greatly reliev'd him, and sensibly diminished the Pain and Inflammation. The Gout being in his Feet, he continued taking it for six or seven Nights successively, by which the Disorder was perfectly removed, and in a Fortnight's Time, he was well enough to do Business; and was so greatly satisfied with the Medicine, as to assure me, he would never be without it, which Promise he has punctually observed, generally keeping by him a Dozen Doses at a Time; (which for one Year

Year are more than enough,) his Disease is of late become so mild, as to require very little Assistance, and he has now pretty well got the better of his gouty Habit, being active, lively and strong, and may continue so many Years.

C H A P X I.

An honest industrious Milliner in the City, of a tender Constitution, and born of gouty Parents, by a Course of strict Regularity in Life, had escaped the Gout till near her fiftieth Year, when she was seized with it in the Extremities (as Hands and Feet) and on every accidental Cold, the Disease returned so severe, as to render her incapable of Business. After some Time, her Viscera became affected, being frequently troubled in her Head, Stomach and Bowels, accompanied with such Sinkings and Oppression of Spirits, as to make her Life very wretched. She had from Time to Time, taken the Advice of the *eminent* in *Physick*, and by Patience and extreme low living, rather than any Assistance from them, with Difficulty, got over many severe and dangerous Attacks. *December 17th 1753*, the Disease attacking the Bowels, she sent for me. I gave her a Dose, which in a short Time mitigated the Pain. The Medicine was then repeated, and the next Day
the

the Disease was forced into the Feet. She joyfully continued the Medicine, and by ten or twelve Doses, got remarkably well again. Since that Time, she has had a regular Fit once a Year, of a few Days Duration, with moderate Pain, and with little or no Sickness; and, tho' near her seventieth Year, is able, (be the Season ever so sharp) to pursue her Employment with Chearfulness, to the great Surprize of her Acquaintance.

C A S E XII.

The Wife of an eminent Tradesman near *London Bridge*, about thirty Years of Age, of a tender and delicate Frame of Constitution, and very weak Nerves, soon after her Marriage had a Fit of the Gout, which returned on every Accession of Cold, and render'd Life very uncomfortable. The Disease was frequently in her Stomach and Bowels, and she had now and then slight Touches of it in her Head. In her gouty Intervals, Hysterick Disorders, and Lowness of Spirits, were most commonly her Attendants, so that she was seldom free from one Complaint or other, the whole Year. She had tried various Remedies for these Complaints, consulted the most *eminent of the Profession*, but the Benefit was barely *palliative*. *January 11th 1753*, I was sent for, and found her confin'd to her Bed,
by

by the Gout in her Feet, Knees, and one Hand. That Night she took a Dose, which sensibly reliev'd her. She repeated the Medicine every Night and Morning, for five or six Days, which kept her in a gentle breathing Sweat, and carried off the Fit. I then put her into a Course of Fœtid and Volatile Medicines, which she continued to the 10th of *February*, but taking Cold, the Gout return'd upon her, and oblig'd me to suspend the Use of *them*, and give her again the *arthritic Medicine*. This Fit was soon carried off, after which she went on with the nervous Medicines, continuing them to the 9th of *March*. The following Spring, I advis'd her to go into the Country, from whence, after staying three Months, she return'd Home in perfect Health, and free from every Complaint.

C A S E XIII.

A Peruke-Maker near the *Royal Exchange*, about forty Years of Age, naturally of a robust Constitution, by living too freely, acquir'd the Gout, which tormented him twice or thrice a Year in his Feet, a Month at a Time. Persevering in a Course of Intemperance, the Disease gain'd Ground, and at last seiz'd his Head; upon which his Apothecary gave him a Variety of Medicines. Growing daily worse and worse, a
Physician

Physician was call'd in, and every Method try'd to invite the gouty Humour to the Extremities, *without Success*. A Second was then sent for, and other Remedies given, viz. *Camphora*, and *Opium*, with *strong Cordials*, every six Hours; but this Process not answering, the *Cortex* was administred every three Hours. All this Time the unhappy Patient had no Rest, being almost raving mad by the continual Torment of racking Pains in his Head, attended with a high Fever, Thirst, and Sicknes at Stomach. After many active and dangerous Remedies had been try'd, and the Patient appeared to be in as desperate a Condition as possible, being now convulsed, his Spirits languid, low, and exhausted, and not able to obtain an Hour's Rest for several Weeks together, *he was given over*. On which, a Neighbour of his, who had received great Benefit by my Medicine, (after *he* had likewise been *given over* by *his* Physician) desired I would try what could be done for him. Accordingly, the first Day of *December*, 1753, I gave him a *Dose* of my *Medicine*, which he took every Night and Morning to the eleventh Day, during which Time a *constant breathing Sweat* was kept up, and the gouty Impurities entirely carried off. His Fever subsided by the third or fourth Day, and his Urine became digested, his Thirst and Sicknes were gone, and he could rest comfortably

bly in his Bed; a pleasure he had been a Stranger to for a long Time. In this manner, the most severe, terrible, and obstinate arthritic Disorder I had ever seen was subdued; after which, to accomplish and perfect the Cure, by preventing the Consequences that might naturally follow from a shatter'd and weak State of Nerves, I directed him to take a few nervous and cephalic Medicines, which he finished the latter End of the Month. But complaining of nephritic Pains, which are common to gouty Subjects, he took the Medicines usually given on that Occasion, and his Complaint was removed in three or four Days. He is as hearty as any Man whatever, has had no other Return of his Disorder, than a regular short Fit in his Feet, about once a Year, after which he soon gets about his Business again, and is likely to enjoy Health and Strength to a great Age.

C A S E XIV.

The 18th of *June*, 1753, I was sent for at Midnight to Sir P----- T-----, Knight, dangerously ill with the Gout in his Stomach. This Gentleman, tho' a strict Observer of Temperance, as well as the Method prescribed to those who take the Duke of *Portland's* Powder; after he had been sufficiently tired with that tedious and ineffectual Process,

Process, was obliged at last to have Recourse to *my Medicine* for Relief; having found by Experience how much his *favourite Specific*, and other Medicines also from his Physician, had *failed of Success*. I gave him a Dose, which immediately took off his Reachings, Sickness, and Pain, and he had several Hours Sleep, which produced great Alteration in one, who, a few Hours before, had been rolling about in his Bed in the greatest Agonies. The next Night he repeated the Medicine, slept well all Night, and in the Morning found himself perfectly free from Pain. However, I thought it necessary to give him the third Dose, though he was cured without it. As far as I can learn, he has since had no Return of the Disease in his *Viscera*, his Gout being perfectly regular.

C A S E XV.

A Gentleman near the *Bank of England*, about the Age of fifty, of a weak and tender Constitution, and greatly subject to nervous Complaints, had by his Parents imbibed the noxious Principles of the Gout. He had for about ten Years labour'd under frequent Attacks of this Disease, especially in the Winter Season, so as to confine him three or four Months together, which occasioned such a Debility in his Limbs, as was a great Hindrance to his Business. He had try'd many
Medicines

Medicines to remove the Disorder, as well by the Direction of *Physicians* as others, but to no Purpose; at length I was sent for, and found him weak, low, and greatly emaciated, complaining much of his Feet and Knees, which were tumified and inflamed by the Gout. *January* 30, 1753, he begun with my Medicine, which having continued to the Number of twenty-four Doses, (one each Night) he found himself perfectly recovered, and with Chearfulness and Alacrity reassumed his Business. Much about the same Time next Year, he had a Return of the Gout, in one Hand and slightly in one Foot, which a few Doses easily removed, but getting Cold about a Month after, he relapsed, and returned to the *Medicine*, which set him right again. Since then he has enjoy'd a large Share of Health, walks, if the Weather permits, every Night to his Country Lodgings at *Hackney*, and has had no Returns of his gouty Complaint, but lives temperately, and in all Probability may continue many Years free from this cruel Disease.

C A S E XVI.

In my Journey to the *North*, being a few Days at *Nottingham*, I was desired to attend a Baronet, of an antient Family in that County. This honourable Gentleman, about
thirty

thirty Years of Age, had, by Inheritance, a certain Claim to the Gout, which he very soon became possess'd of, the dormant Fire, by Indulgence in high-season'd Foods, and generous Wines, being very early in Life put into Action. I found him in Bed in great Agony, with sharp Pains in his Stomach and Bowels, violent Reachings, Sicknes, and extreme Lowness of Spirits. Having a *few Doses* of my *Medicine* with me, I gave him *one*, having first made the proper Alteration necessary to his Case, which had an amazing Effect, for a few Minutes after, he declared himself perfectly easy: Having drank his Wine-Whey, he fell into a considerable breathing Sweat, which, continuing almost the whole Night, he found himself, the next Morning, so greatly relieved, that he got up early, dress'd, and would walk into his Garden. I entreated him to stay within, assuring him that the Morning Air, would be prejudicial, and perhaps cause a Relapse; but my Argument was of no Force. In an Hour's Time he return'd, not without Difficulty, (by Reason of his Shortness of Breath,) got up Stairs, and consented to follow my Advice. Accordingly he went to Bed, repeated the Medicine, and as soon as Perspiration was raised, his Difficulty in breathing subsided, and before Night it was quite gone. That Night he took the third Dose, sweated gently,

tly, had a comfortable refreshing Sleep, and was the next Morning entirely free from the Disorder; however, I desir'd that he would continue the Medicine, only for two Nights more, and took my Leave of him. I have since heard that this Honourable Gentleman, enjoys a great Share of Health, and Freedom from his former Affliction.

C A S E XVII.

A very worthy Merchant in the *North of England*, of distinguish'd Honour and Fortune, by indulging in such Aliments as were productive of arthritic Principles, join'd to an hereditary Right, had laid in such a Stock of Materials, as at the Age of Forty, were sufficient to confine him to his House, several Months in the Year. Various Methods were tryed for his Relief, but in vain: At last, by the Instigation of several Gentlemen of his Acquaintance, who had receiv'd considerable Advantage by my *Medicine*, he wrote me his Case, and received a Box thereof, which was the Occasion of the following Letter, in *November 1753*. ' Sir, on Sunday the 2d past, at ' *Scarborough*, I was attacked with the Gout ' in my right Shoulder, in a very severe ' Manner. I return'd home with my Family on Tuesday, when the Gout had ' seiz'd my Elbows and both Hands, my ' travelling,

' travelling, as I thought, increased it. On
 ' Wednesday Night the 5th, at eight
 ' o'Clock, I took your Medicine, and have
 ' the Satisfaction to inform you, that with
 ' the Blessing of God, I found very great
 ' Relief, for in six Hours all Pain was re-
 ' mov'd. I do assure you, I have in no
 ' Part felt any Pain since, from which, for
 ' above ten Years past, have never been free.
 ' I continued your Medicine nine Nights,
 ' six Doses sweated me exceedingly, but the
 ' 7th much less, the 8th still less, and the
 ' 9th had no Effect at all; therefore con-
 ' cluded the *Cause*, for the present, *was re-*
 ' *mov'd*, as my Urine was return'd to its
 ' natural Colour, which before was very
 ' much inflam'd, as usual in my former
 ' Fits; but this Time attended with a
 ' more gravelly Sediment, which gradually
 ' decreased, as the Fit went off. I keep
 ' the Remainder of *your Medicine* for the
 ' next Attack, which I hope is at a very
 ' great Distance; however Sir, I think my-
 ' self extremely happy, that I have expe-
 ' rienced and receiv'd so much Benefit, and
 ' tho' it may not be a total Cure, it is a
 ' very great and present Comfort, as my
 ' former Fits used to hold me many Months,
 ' and exquisitely painful. I sincerely wish
 ' you all imaginable Success, and am,
 ' Sir, &c.

This Gentleman, I hear, enjoys many Intervals of Ease, and is as chearful and happy, as any Man can be, that labours under so violent a Distemper.

C A S E XVIII.

December 1753, A Widow Gentlewoman, Resident in the same Town, and recommended by the above Gentleman, sent me her Case. She had been tormented with gouty Cholicks, to such a Degree, as to make her Life extremely miserable. I sent her *my Medicine* for the Gout, and hear that she is perfectly free from that Complaint, being as healthy as she can expect to be at the Age of Sixty.

C A S E XIX.

A Clergyman of great Piety and good Fortune, living in the same Town with the above, being miserably harrass'd by the Gout, was desir'd by his Friends to try *my Medicine*. His Letter is as follows: ' In
' the Year 1740, about the 31st Year of
' my Age, I had a Fit of the Gout in my
' great Toe, which Fit continued near a
' Month, and which return'd at the same
' Season for three Years. But in 1744,
' lying in a damp Bed, increas'd the Dis-
' ease so greatly, that it caus'd the next
2 ' Attack

' Attack to be three Months before I could
 ' walk on Crutches; and since that Time
 ' I have not been free a single Night in the
 ' Year from gouty Inquietudes, and as sub-
 ' ject to severe Fits in the warm Summer
 ' Months, as in the most pinching Frosts.
 ' Thus, at all Seasons of the Year, I am
 ' liable to sudden Returns of this excruc-
 ' ating Distemper, which never goes off
 ' without attacking my Bowels with a
 ' Diarrhæa, as also my Stomach, Sides, and
 ' Head. My Ancles and Knees, by these
 ' frequent Relapses, are so crippled, that I
 ' am obliged constantly to use Crutches,
 ' when I walk any Distance. I inherit the
 ' Gout from my Father, who died of it,
 ' and it has been fatal to the Family. Ever
 ' since the Gout became general, I have
 ' been subject to Epileptick Fits, and twice
 ' taken up for dead, on which Account
 ' Issues were made in my Back, which re-
 ' liev'd me. Bathing and Drinking of Wa-
 ' ters I have try'd, but receiv'd no Benefit
 ' by them. Every Error in getting Cold,
 ' intitles me to gouty Attacks, which in a
 ' few Years Time, has so enfeebled and
 ' enervated a once healthy Constitution,
 ' that my Limbs are greatly emaciated. I
 ' have consulted the *most eminent Physicians*,
 ' try'd every Method that had the least Ap-
 ' pearance of Relief, but thereby gain'd no
 ' Advantage; but what is pretty extraordi-
 ' nary,

'nary, every Thing I take to prevent Constiveness, (a Complaint I greatly labour under) most surely gives me gouty Sensations, if not an Attack of the Disease in my Bowels. I have a gouty Inflammation frequently in my Eyes, and they are so weak and tender, that they will not bear the Fire, nor a full and strong Light.'

This was the miserable Condition of this worthy Gentleman, when he apply'd to me, upon which I sent him a Box of the *Medicine*, December 1753, and he sends me Word, that now his Disease is *perfectly regular*, being confin'd to the Extremities, which he absolutely attributes to the happy Influence of *my Medicines*; because, before he took them, he never had a severe Fit, but he had the gouty Matter more or less in his Bowels and nobler Parts. I hope in Time, thro' the Use of *this Medicine* and Observance of strict Temperance, he will grow strong and hearty, and live a Series of many happy Years.

C A S E XX.

An eminent Shoemaker near *Cornbill*, about sixty Years of Age, desired my Advice. He had for many Years been confin'd to his Room, by the Gout, for a Month together; and, by the Weakness attending it, a much longer Time, and this
on

on every Accidental Cold, which had so greatly reduced and emaciated him, that he could not follow his large Flow of Business. The 16th of *May* 1754, he began with *my Medicine*, and twelve Doses recovered him. The following Year, about *March*, the Disorder return'd, which about six Doses entirely remov'd. Since which Time he has had no Return of this Disease, but enjoys perfect Health and Vigour.

C A S E XXI.

A Book-keeper to an eminent Merchant near *Cripple-Gate*, about forty Years of Age, desir'd my Assistance. This Gentleman by great Indulgencies in high living, in the early Part of Life, increas'd an hereditary bad Habit, so as to be laid up with the Gout, all the Winter Season, and when at best, was scarce able in the warmest Summer Months, by the Help of Crutches, to get to the Compting-House. He had taken many Medicines, as advis'd, which only serv'd to augment his Misery; at length he took *my Medicine*, the 29th of *May* 1754, Six Doses of which restor'd him; but getting Cold, he relaps'd in *June*, and took six Doses more, by which he then got clear of the Disorder, and continued well till the following Year. In *April* he took six Doses, and the same in *October*, since which Time

he has enjoy'd Health, and Freedom, and is strong enough to walk without Supporters, for several Miles. 'Tis to be observed, he used on every Attack of the Disease, to have it flying all over him, and frequently in his Stomach and Bowels; but since the first Dose of *my Medicine*, the Disease affects only the Extremities.

C A S E XXII.

A noted Broker in *Southwark*, naturally of a hale and strong Constitution, had by free Living, acquir'd the Gout, which often confin'd him a considerable Time, at all Seasons in the Year. The Disease seizing his Stomach and Bowels, he apply'd to me, and on the 4th of *January* 1754, began with the Medicine, twelve Doses of which cured him. The following Year about *June*, he had another Attack, but this Fit was perfectly regular, which by taking six Doses of the Medicine, was entirely removed. He has since had no Return of the Disorder, but is hearty and well, and follows his Business with great Ease and Chearfulness,

C A S E XXII.

A Gentleman in *Goodman's Fields*, of excellent Sense, great Probity and Fortune, belov'd and esteem'd by all good Men; for
above

above thirty Years had been subject to the Gout, having received it from his Parents, but, like a wise and prudent Man, he greatly subdued and kept it under, by a strict Perseverance in that salutary Method, Temperance. He had taken the Advice of the *most celebrated* Artists in Physical Knowledge, and tried every Method to alleviate the raging Tortures of a formidable Disease; but the Relief was but temporary: On which he left off Medicine and struck into a spare and low Diet, living on light Pudding and Vegetables dress'd, and young tender plain Food for Dinner alternately; and for Fluids, good sound Home-brew'd Table Beer, and now and then indulged himself with a Glass or two of genuine Madeira Wine. Nevertheless, this Disease soon shew'd its Malignancy, and even Temperance itself, was found insufficient to subdue such a Mass of gouty Materials, long since hatch'd for future Mischiefs. *May 18th, 1754,* this Gentleman took a Dose of *my Medicine*, (the Gout having seiz'd his Hands) which put him into a fine gentle breathing Sweat, and he rested well; he repeated the Medicine successively for nine Nights, on which the gouty Matter being perfectly evacuated by breathing Sweats, and urinary Discharges, he soon got abroad again, hearty and well, and this in his Seventy third Year. The next Month he took a

Box

Box of the Medicine with him into the Country, being determin'd never to be without it; but has since had little Occasion, the Cause being pretty well remov'd; so that, with the few Doses he has taken, and the temperate Life he leads, he is as happy, active, and healthy perhaps, as any one of his great Age in this Kingdom.

C A S E XXIV.

February 13th, 1754, A Gentleman then in the *North*, (now Resident in the County of *Suffolk*) of great Worth, Probity, and fine Sense, about thirty Years of Age, had early in Life, been afflicted with the Gout, which was Hereditary, and as he grew up the Disease put on a more formidable Appearance, flying from Limb to Limb on every Accession of Cold, and making Health and Ease, very precarious. He had often visited the Bath, taken the Advice of that great Ornament to Physick, *Cheyne*, pursued every Method directed by the most skilful Physicians here, and in the *North*, and that for many Years together; but with no other Effect, than to render the Disease more obstinate and exasperated, so that he was seldom free one Day in the Year, from some painful Sensations of it. He very frequently had it in his Head, and his Eyes were inflam'd by it; again in his Teeth with
sharp

Sharp Pain, from thence in his Stomach; sometimes complaining of Shortness of Breath, flatulent Cholics, great Sicknefs and Reachings, infomuch that Life was become a real Burthen. Having heard of me, he sent his Case, and received *the Medicine*, he carefully followed my Directions, and found Relief (as he has often express'd it) far beyond his Expectation. He never took a Dose, without finding certain Benefit in a few Hours, and continued taking it, till he so far got the better of the Disease, as to enjoy large Intervals of Ease. Pleasure and Health directed him to make a Tour to *Aix-la-Chapelle*, where he resided a considerable Time, and what with the Efficacy of those Waters, the Climate, and a Course of Temperance, I hear he is return'd Home happy and healthful, which agreeable State I hope he will long continue to enjoy.

C A S E XXV.

A worthy Tradesman in *Nottingham* of great Ingenuity in his Profession, born of gouty Parents, was early in Life subject to tender Bowels, and on every Cold, had such painful Cholics, with Reachings and Sicknefs, as render'd him extremely unhappy. As he advanc'd in Years, he was sensibly affected with sharp flying Pains all over him like the Gout, but too feeble to form

a regular Fit. I was made acquainted with his Case, and accordingly sent him my *Medicine*, to be taken when the Disease was most severe, to promote a breathing Sweat. He followed my Directions, and had a regular Fit of the Gout; since which Time, his Fits have been few, mild, and short; the Pain in his Stomach and Bowels very rarely attacks him, and that only in the Beginning of a Fit for a few Minutes, by Way of Prelude to the approaching Disease; but the Medicine very easily sends it to its proper Seat the Extremities, and he is soon restor'd to Health and Vigour again, and I hear, has been perfectly free from any Return for two or three Years.

C A S E XXVI.

A sensible good Man, formerly an Apothecary of great Business in *Nottingham*, but of late residing at Mr. *Birds*, an eminent Merchant in *White Friars*. From a Family Inheritance, together with the Fatigues that naturally attend the Profession in the Country, was early in Life seiz'd with the Gout, which in Time increas'd so fast as at length greatly to impede his Attendance on Business, for several Months in the Year. He frequently had it in his Head, Stomach, or Bowels, was for ever taking strong Stomachic Cordials, with Opiates, to
alleviate

alleviate his Miseries, which, tho' for the present, they were momentary Helps, yet in the End always left him languid, and dispirited; so that to the Goodness of his Constitution, rather than to the Efficacy of his Medicines, was he indebted for the Continuance of a miserable Being. Leaving off Business and coming to reside in Town, he craved my Advice. *May* the 3d. 1755. I found him extremely ill, greatly dejected, labouring under a gouty Asthma, a dry Cough, with Sickness at Stomach; for which he had been bled, blister'd, and had taken such Medicines as were thought proper, but without Effect. Tir'd with his Disease, and, no less so, with ineffectual Medicines, he consented to follow my Advice. That Night he took a Dose of *my Medicine*, which gave him a fine breathing Sweat, and a comfortable Nights Rest. The next Morning he was greatly recover'd, his breathing was free and easy, his Spirits were rais'd, his Cough was become much better, and the Sickness at Stomach quite gone. He then repeated the Medicine seven or eight Nights, by which he was restor'd to Health, and he is so strong an Advocate for this Medicine, that he recommends it to all his Acquaintance, as the *only Remedy in the Universe*, to conquer this formidable Disease. Not long after he had a regular Fit in his Foot, which a few Doses soon carried off.

The

The Disease now continues regular, is very mild and of short Duration. As a Testimony of the high Regard he has for this Method of Cure, I take the Liberty to insert a Letter on this Occasion to a Friend of his in *Nottingham*, who had also receiv'd singular Benefit by it. ' Old Friend, I congratulate you, myself, and every gouty Person, who will try the Benefit we receive from our common Friend Mr. *Drake*. ' I have had a smart and regular Fit of the Gout, but far from being so in the beginning; for it was feeble, and rambling all over me, till I took his Medicine, which immediately fixt it in my Foot, and the fifth Dose, (tho' I took seven) quite carried it off. I have not had so regular a Fit these many Years, and do not intend ever to be without this Remedy. When ever you are telling your own Case, and that of others, I beg that my Testimony may be added. I owe him this in Justice, but much more in Gratitude.'

London, 1755.

C A S E XXVII.

An eminent and worthy Dyer in *Southwark*, about forty Years of Age, belov'd and esteem'd for his good Sense and great Probity, having long been afflicted with the Gout, (that descended from his Father who died

died a Martyr to it, and) which himself had not a little contributed to hasten, by too free a Life. Finding the Distemper increase in every Fit, with Sensations of it in his Stomach and Bowels, that alarm'd him much, he took the Advice of the *most eminent in Physick*; but without any lasting Benefit or Relief, for the same Miseries still persecuted him, and the Fits returned more frequent on every slight Cold. The 20th of *December* 1755, he desired my Assistance. Accordingly, I waited on him, and found him afflicted with a Paralytic Numbness on the whole Left Side, where the Gout had been, which was now remov'd into his Feet; that Night he took a Dose of my Medicine, which sweating him copiously, the next Morning he found himself greatly reliev'd, his Spirits were reviv'd, and the Numbness vanished. I continued the Medicine every Night, so long as it would operate by Sweat, which it did, for eight or nine Doses; after that the weak Joints were anointed with *Opodeldoc*, and he soon got abroad, healthy and strong. He kept free from any Relapse, or even a Sensation of the Disease, for nigh two Years: But transgressing the Bounds of Temperance, it return'd again in his Feet, which *the Medicine*, on taking six Doses carried off, and he soon got abroad again. In *November* last, the Disease appeared perfectly regular, a mild short Fit in his

his Feet, of a few Days Continuance. He is now as chearful and happy as any Man whatever, enjoying a good Appetite and Digestion, Health and Vigour.

C A S E XXVIII.

An Honourable Gentleman of an ancient and opulent Family in the County of *Durham*, highly esteem'd by all for his generous Disposition, uncommon Goodness, Acts of Friendship and diffusive Charity; (this Gentleman) by rich living, join'd to an hereditary Title, was seiz'd with the Gout in about his fortieth Year, which increas'd annually, in Proportion to the Increase of arthritic Materials, to such a Height, that every little Cold brought on fresh Attacks. Thus wearied out and crippled by the frequent Inroads of this tormenting Disease, after he had try'd all the nervous and stomachic Medicines, prescrib'd by the *most eminent Physicians in England*, together with the whole Circle of Mineral Waters at different Times, and also various *pretended Specifics*, nevertheless the same Miseries still continued, his Fits were so frequent, severe, and obstinate, as to threaten a Dissolution. In this miserable and unhappy State, enfeebled to an Atrophy, I was consulted. *January 19th, 1755, he began my Medicine.* He now continues it occasionally, when it constantly

constantly renders the Disease perfectly regular, alleviates the Pain, contracts the Distemper into narrower Bounds, and at the same Time shortens the Fit, by which he is much sooner at Liberty to enjoy those pleasurable Felicities of Life, which Men of Fortune too much pursue, and too much abuse. By this Medicine he is his *own Physician*, and is so thoroughly satisfied with the Efficacy and Utility of it, as never to be without a Stock by him, and from the Motive of doing good, recommends it to all his Acquaintance.

C A S E XXIX.

A Gentleman, about fifty Years of Age, possess'd of a lucrative Employment at the *Bank of England*, from the Nature of his Business, (being constantly oblig'd to a studious and close Application,) had in Time brought on a Giddiness, Oppression, lowness of Spirits, and Anxiety to a very great Degree; this, join'd with frequent irregular Fits of the Gout, render'd his Life extremely miserable. To remedy these Evils, he tried in vain the Skill of *eminent Physicians*, took repeatedly the Nervous, Volatile, and Stomachic Medicines; at length he was advis'd to try the *Duke of Portland's Powders*, which he did with great Constancy and Firmness, upon which his Gout left him;

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notwithstanding that the Disorder grew daily worse, and he complained of unaccountable Pains in his Head, Sickness and loss of Appetite, a Weariness and Inability for Motion. At length the Disorder in his Head increasing, not only affected him so much, that he could not Walk without Hazard of falling, but also touch'd his Memory. *December* 19th 1755, he took *my Medicine*, and repeated it about twelve Times, by which Means the Gout return'd, and he had a regular Fit of it in his Feet, the Giddiness and Pain in his Head vanished, his Appetite and Digestion was restor'd; he again became chearful, easy and happy. Thus he continued till *February*, when he had another regular Fit of it in his Feet, which he also soon conquer'd, after which his Health and Vigour were perfectly restored, and he now perhaps enjoys as much Vivacity, as any Man in the Kingdom, subject to a gouty Habit. He constantly keeps the *Medicine* by him, as the only Method to prescribe Laws to the Disease. A Life of Temperance has always been his Choice, the Disease must therefore have been Hereditary; for which he requires no other Cure, than a Couple of short regular Fits annually, (i. e.) at the Cardinal Seasons, *Spring and Fall*.

C A S E

C A S E XXX.

March 8th 1755, I was sent for to the Right Hon. the Earl of T——, a Nobleman of eminent Virtues. He, in the Prime of Life, was seiz'd with the Gout, which is Hereditary to the Family. This Noble Earl, had so much increas'd the Principles of the Distemper, as to be greatly oppress'd thereby. Regular Fits he formerly had, but thro' Neglect, it at length affected the whole Viscera, and on every slight Excess, or catching Cold, it render'd him extremely unhappy. Every now and then he had painful Head-Achs, Sickness, and Reachings at Stomach, severe Cholics, with Sinkings, Anxiety, and Indigestion. Variety of Medicines had been given him, to promote a regular Fit, Bath-Waters, and other Spaws had been tried, strong Cordials with Aromatic Medicines in Abundance, *Portland's Powders*, Soap and Rhubarb Medicines, and every Thing that could be thought on, but without the least Glimmerings of Success. Thus when the Skill of the most eminent Professors of Medicine had been tried, found defective, and unavailable (the Disease seated in the Lungs, causing great Difficulty and Pain in breathing, and a frightful Appearance of Consequences) my *Medicine* was given with surprizing Efficacy.

The same Night he sweated profusely, had a comfortable and refreshing Sleep, and the next Morning was greatly reliev'd; the Medicine was then repeated every Night, as long as Perspiration continued, which ceased after the seventh Dose. His Lordship was recovered, and remain'd without Complaint of any kind, excepting a little Tightness at his Breast, upon brisk Exercise, but this was perfectly removed that Summer, by a regular Fit of the Gout. His Lordship now has gain'd this pleasing Advantage, not only to have a Fit annually, and to set Bounds to its Progress, but also to take what Exercise he pleases, in the midst of Frost and Snow, without the least Danger of a Relapse, and is at present, perhaps, as brisk and active, as any one in the Kingdom.

C A S E XXXI.

The Hon. Sir M—— F——, Bart. being very ill of the Gout in his Stomach and Bowels, order'd me to attend him. This Hon. Gentleman had for several Years been tormented with an irregular Gout, which sometimes seized his Head, at other Times his Stomach, with Sicknes, Reachings and burning Heat, or his Bowels with racking Cholics, and this on every accidental Cold; so that he was seldom free from one or more of these Complaints, the great-

est Part of the Year. He had taken the Advice perhaps of the *most celebrated Physicians in Europe*, in his Tour thro' *France, Germany, and Italy*, and likewise had visited every *Spaw* of Eminency, and pursued every Method to gain this grand Point, viz. a regular Fit of the Gout; but return'd unsuccessful. He then apply'd himself again to the Bath Waters, bathing and drinking them every Season, tried over again the Nervous, Volatile and stomachic Medicines, nay every Thing recommended in the large physical Field of Practice. But hitherto the Disease appeared too obstinate, to be subdued by Medicine, at least, such Medicine as was contrary to the wise Law of Nature, and Dictates of Reason. May 19th 1756, he took a Dose of *my Medicine*, which had so little Effect, as barely to warm him. The 20th he repeated it, and felt a glowing Heat, which raised a gentle breathing Sweat. The 21st, the Medicine was again taken, which increas'd Perspiration, much more than the Night before, and the subsequent Morning he had gouty Sensations in his Feet. He continued taking it for four or five Nights longer, which brought on a regular Fit of the Gout in his Feet. The Urine, which before was crude and pale, now appeared digested, and in a Fortnight's Time, he got perfectly well. Since that Period, his Gout has been regular, his

former Complaints are silenced, and he is likely to have Health and Vigour for many Years.

C A S E XXXII.

A Gentleman of *South Wales*, above seventy Years of Age, of an ancient and wealthy Family, was greatly tortured by an Hereditary Gout. He lived abstemiously, allowing himself barely half a Pint of Wine a Day; his Diet was plain, and chiefly the White Meat, along with Vegetables. Notwithstanding this Care of himself, he likewise paid due Regard to the Prescriptions of many eminent Physicians, visited *Bath* at the proper Seasons, bathing there, and drinking those flattering Waters, nevertheless the Disease could not be reduced to Regularity, so that he had small Enjoyment of his large Possessions, being commonly confined to his House, the greatest Part of the Year, at least all the cold Months. On his coming to Town he sent for me, which was about the beginning of *April* 1756. He acquainted me with his Case and Constitution, upon which I put him up a Box of the Medicine, which he proposed to begin with, on the first Occasion in the Country, and would let me know the Effects. He left *London*, and was seiz'd with the
Gout

Gout on his Journey, on which he sent me the following Letter :

‘ Sir, according to my Intention, I left
 ‘ *London* the 19th of *April*, tho’ the Night
 ‘ before, I was attacked with some gouty
 ‘ Sensations. However, as I believ’d the
 ‘ Journey would take it off, I proceeded
 ‘ to this Place, but ’twas so far from it, that
 ‘ at my Arrival here, I was obliged to be
 ‘ taken out of the Chaise, and carried di-
 ‘ rectly to Bed, with all the most threat-
 ‘ ning Symptoms of a very severe Fit, such
 ‘ as Vomitings, Gripings, Convulsive Shi-
 ‘ verings, and intolerable Drought. As my
 ‘ Stomach was so unsettled, I would not
 ‘ take your Remedy that Night, lest its
 ‘ not staying well then, might make me
 ‘ always disgust it afterwards, so I past a
 ‘ most painful sleepless Night. On Tuesday
 ‘ Night I took your Pill and Draught,
 ‘ which sat quite easy on my Stomach, and
 ‘ operated by profuse Sweat, and a great Dis-
 ‘ charge of very turbid Urine. I repeated it
 ‘ Wednesday, Thursday, and Friday, when
 ‘ I found my Pains gradually decrease, my
 ‘ Urine grow pale, and my Sweats quite
 ‘ gone, on which I discontinued it. I have
 ‘ since been free from Pain ; have so far re-
 ‘ covered my Strength, as to bear a Post-
 ‘ Chaise for four or five Hours without In-
 ‘ convenience, and propose prosecuting my
 ‘ Journey to *Wales* on Saturday Morning.

‘ This, Dear Sir, under *God*, I absolutely
 ‘ attribute to your Medicine, without which,
 ‘ I should probably have languish’d in a
 ‘ painful inactive State for two or three
 ‘ Months, as I have before done for some
 ‘ Years past. My best Wishes ever shall at-
 ‘ tend you, and I will, to the utmost of
 ‘ my Power, make your Merits known;
 ‘ as well out of Justice to you, as Compas-
 ‘ sion to those who labour under the same
 ‘ intolerable Distemper. As soon as I get
 ‘ home, you shall hear further, from, Sir,

Your most grateful Humble Servant,
Sunning-Hill, Windsor-Forest,
 May 6th, 1756.

C A S E XXXIII.

A young Gentlewoman of a tender and delicate Constitution, about twenty-four Years of Age, having danced at a Ball, and got Cold upon it, was that Night seized with a sharp Pain and Inflammation in both Feet, which for several Nights would allow her no Rest. The Apothecary applying cooling Ointments, it shifted, and affected the Knees in the same Manner as it before had the Feet. Upon this I was sent for, and perceiving it to be the Gout, I gave her a Dose of the *Medicine*, which raised a considerable Sweat, by which Means, she was the next Morning greatly reliev’d. She re-
 peated

peated it three Nights, and found all the Pain and Swelling gone; and from that Time to this (which is two Years) has had no Return of her Complaint.

C A S E XXXIV.

A dignified Clergyman of Learning and Worth in the County of *Dorset*, subject to the Gout by Family Inheritance, which he improved by a plentiful Table, and using too little Exercise, leading a sedentary and studious Life. The Disease at length became so formidable, as to confine him to his House the whole Year, excepting the warm Summer Months. *July 1st, 1756*, he came to me, acquainting me with the Nature of his Disease and Constitution, upon which he had a *Box of the Medicine*, and I hear since that his Fits are few, regular, and very short; that he is very healthy and active, takes Exercise, grows plump and Fat, tho' before of thin and emaciated Habit of Body.

C A S E XXXV.

December 6th, 1756. The Purser of a Man of War by Irregularities in Life, acquired the Gout, which confin'd him from Business. Sending for me to *Stepney*, I found the Disease had been flying all over him, and at that Time, was settled in his
Stomach

Stomach and Bowels. I sent him *the Medicine*, and that Night he took a Dose, which instantaneously reliev'd him, procur'd him a comfortable refreshing Night's Sleep, and by next Morning forced the Disease into the Extremities. He repeated *the Medicine* five or six Nights, which compleated the Cure. He has since been at Sea, and, as I hear, keeps perfectly well.

C A S E XXXVI.

February 22d, 1757. A very worthy Gentleman of good Fortune, near *Epsom* in *Surry*, brought his Lady to me for my Advice. She had for two or three Years been greatly afflicted with the Head-Ach, Difficulty in breathing, sharp Cholicks, with Sickness of Stomach and Reachings. These Complaints, one or more at a Time, with cold Shiverings like an Ague, were her constant Attendants; so that Life was become a Burthen to her. She had consulted several *eminent Physicians*, taken Variety of Medicines, viz. the Nervous, Stomachich, Volatile and Fœtid Classes, besides had try'd Mercurial and Antimonial Medicines, and large Doses of Opiates, had been blister'd in many Parts, even the Stomach not excepted; moreover had us'd Cataplasms, with the attractive Plaisters to the Feet, and every Method that could be thought of in Practice;

tice; but without even a temporary Benefit. Upon viewing the Prescriptions, I must confess, I had small Hopes of Success; but as one favourable Symptom was left, to build upon, namely, the Pulse, I made the Attempt, and in less than two Months, happily succeeded. This patient, good Lady, being again established in Health, now takes the Air in all Seasons, without Danger of Relapse. As a further Testimony of this, (begging the Gentleman's Pardon) I here take the Liberty to insert his Letter, which was in Answer to mine, desiring to know the State of her Health, at a Season the most likely for a Return.

‘ Sir, I am very much oblig’d to you for
 ‘ your kind Enquiry after my Spouse’s
 ‘ Health, and can with great Pleasure in-
 ‘ form you, as I have done many others,
 ‘ that through your Means, under the Bless-
 ‘ ing of God, she has enjoy’d a happy
 ‘ State of Health, ever since the beginning
 ‘ of *June* last, nor has she had Occasion to
 ‘ take any of your Medicines since then.’

Dated *November* 12, 1757. A Letter dated
June 8, 1758. ‘ Tells me further that the
 ‘ Lady continues perfectly well, has had no
 ‘ Relapse, but enjoys a very good Appetite
 ‘ ever since taking *my Medicine*.’

C A S E

C A S E XXXVII.

A Gentleman's Lady in *Westminster*, remarkable for her Piety and good Sense, was early in Life afflicted with the Gout, which is hereditary; but by ill treatment in Medicine, it became so irregular, wandering and flying all over her, as to leave no Part untouched. When her Joints were at Liberty, the Disease was either in her Head, Stomach or Bowels, and every Breath of Air produced a Relapse, so that commonly she was oblig'd to keep up in a warm Room, nine or ten Months in the Year. Besides the severe and tedious Fits, the Gout was productive of a greater Evil, that of the Stone, which the poor Lady was much subject to, especially after a tedious Fit of the Gout. She had taken every Thing that was thought likely to mitigate her Afflictions, and the Variety of Medicines, many of which were too harsh and strong for her tender Constitution, had so enfeebled her, that she was hardly able to support herself under these Trials, but by the Assistance of strong Cordials, and these frequently with Opiates. *March* the 11th 1757, she begun *my Medicine*, which sat easy on her Stomach, and greatly reliev'd her. She repeated it occasionally, and, in the Intervals, took Medicines for the Stone, as also a few
Nervous

Nervous ones, by which in about three Months Time she was greatly recovered. The next Winter the Gout return'd, but the Fits were now much less painful and tedious. I have great Hopes the Disease will continue regular, and in Time so far lessen her gouty Habit, as to make Life desirable.

C A S E XXXVIII.

The 27th of *March* 1757, I was sent for to a young Lady of an opulent Family in *Queen's-Square Holbourn*. She was of a tender, delicate Frame of Constitution, about twenty Years of Age, had been subject to the Gout about seven Years, and every Cold Blast of Air, as well in Summer as the Winter Season, brought on fresh Attacks, attended with Head-Ach, Cholical Pains, Reachings and Sickness at Stomach, so that by these irregular Fits, her Life had often been in extreme Danger. At this Time, the Gout was flying all over her, sometimes in one Part, then in another, that she could take no Rest. Upon which she took a Dose of *my Medicine*, which not only procured her a comfortable and refreshing Night's Rest, but the Distemper by next Morning, was driven to her Feet. The Medicine was repeated, for five or six Nights successively, which effectually carried off the

the Complaint. Since that Time, the Disease has continued regular, her Fits very few, short, and less painful, and, to the Surprise of all her Acquaintance, she enjoys many happy Intervals of Ease, Strength and Vigour. It is to be observed, that the Gout had been fatal to the Family, this Lady's Father dying of it in his thirty-sixth Year, supposed, by taking the *Duke of Portland's Powder*; and the Mother, tho' alive, greatly crippled by it.

C A S E XXXIX.

An eminent Manufacturer in *Spital-Fields*, who had formerly liv'd freely, at length acquir'd the Gout, which, in Time, became tedious and painful. Upon this he was advis'd to try the *Duke of Portland's Powder*, which Method he follow'd, till at length it cur'd him of his regular Attacks. He had now a total Suspension from Pain in the extreme Parts, but the Consequence of this was, (the Disease being transplanted to the Viscera,) a continual Sickneſs at Stomach, sharp Pains in the Bowels, Difficulty in breathing, and a total Loss of Appetite. In this unhappy Alteration, and dangerous Condition, he apply'd to various *eminent Physicians*, and, after a Series of Trials and Experiments in Medicine, in order to force the morbid Matter to the extreme Parts again,

again, he was sent to *Bath*, but return'd without any visible Benefit. Then he was put under a fresh Course of Medicine, and after some Time was again order'd to *Bath*, where he stay'd a considerable Space of Time, bathing and drinking the Waters. But the Disease grew worse, the Symptoms threatening an inward Decay, he was order'd back, and returned greatly emaciated. Upon this the Air was thought of for his Relief, and he was sent into the Country, with Orders to take Asses Milk, Viper-Broth, and restorative Medicines, as a Hectic and Consumptive Subject. But a Gentleman of his Acquaintance, who had receiv'd Benefit by *my Medicine* in a parallel Case, desir'd he would try it, on which he became my Patient the 29th of *April 1757*. The first Dose he took reliev'd him considerably, greatly abating the Pain and Sickness at his Stomach, and checking his Cholical Complaint. He repeated the *Medicine* every Night for five or six Times, which discharged the morbid Matter, by a copious Sweat, and effectually removed the Cause of his Misery. Now his Nights became comfortable, Sleep return'd as in a State of perfect Health, his long-lost Appetite was restor'd, the Asthmatic Disorder vanish'd, his Spirits became brisk, and through the Blessing of God, he was able to manage his Business chearfully, and all this

this perform'd in the Space of a few Months:
 Thus from an Object of Compassion, he is
 render'd happy, and for a *trifling Expence*.
 Whenever he finds the least gouty Sen-
 sation, he repeats the Medicine, which gives
 him instant Relief; and I hope, in Time,
 'twill remove his gouty Habit. He now grows
 plump and Fat, his Fits are very mild and
 short, and his Viscera strong, ever since he
 took this Medicine.

TO MR. DRAKE, on his ME- DICINE for the GOUT.

NOW rise th' auspicious Years, as erst foretold
 By *Sydenham*, foremost of the healing Train,
 When Physic, blest in some advent'rous Son
 Shall purge with genial Ray the sooty Film
 Of Scandal, and triumphant soar a'erial Heights
 Victorious, proud with Trophies rear'd
 O'er Pangs arthritic; while Chaplets never fear
 And Wreaths immortal, round his Temples bloom
 Encircling, loudly tell thro' rolling Years
 Successive, that *Drake* from Time eternal
 Doom'd, quells th' insulting Foe, rapacious Gout,
 With all it's dire Attendants, meagre Fiends.

Tho' every Limb arthritic Pangs, with scalding Pain
 Excruciate, and the whole Corporeal Frame
 The Animal Œconomy, pungent Gout assail
 Invet'rate, happy in the lenient Balm
 Medicinal, the Patient feels with rapture
 Instantaneous, thro' every Pore effus'd
 (The soft Heralds of quick-returning Health)
 Mild, 'mollient Drops of Ease promoting Sweat.

This not Conjecture frail, but Truth confirm'd
 Beyond or Scandal to defame, or foul-mouth'd Envy
 To

To gain-say malevolent: Well I ween
 Myself felt the coelestial Influence;
 Chearing as the Sun whose beaming Radiance pours
 Enlivening Warmth to glad the Face of Nature,
 Fetter'd long in Winter's Manacles of Frost
 Contagious, Foes to chearful Verdure,
 Blooming Wreaths of Beauty-breathing Spring.

Long torpid Pangs, and burning Agonies
 Arthritic, Death to soft Endearments;
 Social Joys, my every Limb benumb'd,
 Chain'd all the active Powers of Sense; the Sinews
 Corded Force elastic, and the purple Stream
 Of Life, lost each its native Faculty:
 And every Avenue of dear Delight,
 Of Rapture-giving Ease, as struck by Power
 Of Magic, lost every Influence,
 Every A&t to please, while, Pleasure-freezing thought!
 Gravel, Cholic, Gout, Associates dire!
 Dash'd every Joy, and bore tyrannic Sway.

At length, when Cherub-Hope had wing'd his Flight,
 And left me sunk in Sorrow's mournful Vale;
 Like Guardian Saint, with healing on his Wings
 As sent by Heaven to save, by lenient Balm
 My Friend, my *Drake*, blest in peculiar Art
 Assuag'd the burning Fury of my Pain
 Gave instant Ease, a Stranger long, instant
 Restor'd to Health, and blest with social Joys.

RESTAURATUS.

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These three subsequent Cases, by the Desire of each Gentleman, were publish'd in the Newspapers.

A Letter from Gervase Scrope, Esq; of Lincoln to a Friend, transmitted by himself, for the Use of a Gentleman equally desirous with Mr. Scrope (and from the said Motives) of publishing the Virtues of my Anti-Gout Medicine.

“ **I**N Consequence of my Promise, I here send you a particular Account of my long Illness, and of the restoring Effects of Mr. *Drake's* Medicines. About two Years ago, I was troubled with a Chilness in my Bowels, insomuch that Wine would not afford the least Relief, my Appetite failed me, and my Sleep was unsound, and not refreshing; however, as those Complaints were not very painful, and depending on a good Constitution, I declin'd at that Time, all Medical Application; but these Disorders increasing, and also attended with Pain, Prudence made it absolutely necessary to call in Assistance. Accordingly I put myself under the Care of several Physicians, respectively eminent in their Abilities and Integrity, who, I dare say, did for me every Thing in their Power; yet I found
very

very little, if any Relief, and that but temporary, for my Pains at every Return grew so intense, continued so long, and were sometimes attended with such strong Provocations to vomit, that my Physicians were apprehensive of a Mortification. They used many Expedients to relieve, but in vain; at last they administered something which eas'd the Pain in my Stomach and Bowels, but did not carry off the malignant Cause, for I had immediately a large Swelling on the Cap of my Left Knee, and another under the Ham of it, with very Painful Pulsations, and though these Complaints subsided in a few Days, yet my Knee remained so weak and so contracted, that I could neither extend or bear any Weight upon it, I continuing nevertheless, subject to frequent Returns of the above-mentioned Pains.

In this very dangerous and unhappy State, I languished for eighteen Months, till upon my sustaining a violent Relapse in *September 1755*, which alarmed all my Friends. I determined to go to *Bath* by Way of *London*, at which last Place I arrived on the 5th of *December 1755*, intending to be at *Bath* by *Christmas*, but was prevented by another of these excruciating Relapses. Then it was that I sent for Mr. *Drake*, who, on proper and deliberate Enquiries into the Nature and Progress of my Disorder, declared it to be Gouty, and desir'd

to see my Physicians last Prescriptions, which were immediately dispatched for, but in the Interim, my Pains in my Stomach and Bowels increased, to a Degree beyond Expression or Imagination. I then took Mr. *Drake's* Pill and Draught, which in a short Time assuaged the Pains, two or three Doses more removed them out of my Intestines, and the fifth Dose drove them all downwards, from my Hips to the Soles of my Feet; and by continuing the Medicines Night and Morning, my Pains were reduced into less and less Compass, and in five or six Weeks were entirely removed. When I had taken them about a Fortnight, he desired me to omit them twenty-four Hours, to try the Strength of my Bowels, but these were as yet too weak, for I had two more Attacks, but upon repeating the Medicine, one Dose in a few Minutes, perhaps ten, repelled the returning Pains.

I have had no Recourse to these, or any other Medicines, these three Months; my Natural Strength is daily improving, the Weakness and Contraction of my Knee are sensibly going off, and I can, with great Reason and Thankfulness, pronounce myself advancing fast to a State of perfect Health. I have now so good an Appetite, that Moderation bids me restrain it, and am at the same Time very regular in Point of natural Evacuations, an Advantage that I
was

was a Stranger to, during the tedious Progress of my Illness, being frequently eight, ten, and sometimes twelve Days without Passage.

These Preparations operate by Sweating, acting in Proportion to the Malignity of the Disease; as this abates these extraordinary Discharges abate also, ceasing entirely with the Absence of gouty Complaints: I speak from Experience, and have it affirm'd by others, whose Integrity I have no Reason to doubt. These are the happy and salutary Effects of Mr. *Drake's* Medicines; I cannot conclude without taking Notice of some Objections.

It is said they are heating and enfeebling as Sudorifics; I suppose they must necessarily warm previously to their acting as such; and as to enfeebling, I answer it is false. I took above thirty Doses in less than a Month, and at a Time too when my Strength was in a very declining State, notwithstanding I found it not impaired by the Effects of these Medicines, which manifestly worked only on the morbid Juices, then remaining in my Blood, for I am much stronger now, than I have ever been since my first violent Attack. It is also said, that Opium is the grand Ingredient in them; I really believe not, for when Mr. *Drake* first attended, I had no Rest or Ease except what derived from the Discharge of the peccant Humours

by this Evacuation abovemention'd, which have long since gone off, and notwithstanding my Discontinuance of the Medicines, I have slept sound ever since, which I apprehend is not the Case, when Opiates have been used for some Time, and suddenly left off, almost every one knows that Opium acts by Stupefaction, and is therefore more depended upon to suspend, than eradicate the Cause of most Pains, and even this only, (as Mr. *Drake* has observed to me) in extreme Cases, in order to gain Time, till more salutary Means can be applied. It is needless to endeavour the Confutation of those whose Perverseness will raise Objections against what they are totally ignorant of nay, even against Demonstration, or of those whose lucrative Views are too often more extensive, than their Benevolence. I hope there are many Exceptions: In this Number I must include those with whom I have been in the Course of my Illness connected, to these, thus misled, I have nothing to say; but to such, whose Diffidence only prevents their Application for Relief in Cases like mine, I shall be ever ready to attest, what I have here inserted, in any Manner required, be it ever so solemn. This my Publick Duty demands, and it is indispensibly due to Mr. *Drake*, who has reliev'd me. I will enter into no Cavil about the Nature of my Complaints, which

which Mr. *Drake* absolutely pronounced to be gouty ; the Honesty of the Man induced me to believe him, and the Success of his Prescriptions, so much beyond my warmest Expectations, is the the strongest Conviction to,

Dear Sir,

Your most obedient Servant

GERVASE SCROPE.

P. S. I must not overlook an idle Objection, viz. " To be sure these Medicines appear to relieve, but who knows what bad Consequences may hereafter attend the Use of them ?"

Though this is the Language of a Physician, I must beg leave to say, that it is too indefinite to merit a Reply, and can be answered only by Retortion to the whole Medical Faculty, even in the successful Part of their Practice.

N. B. These Medicines are never to be taken but in gouty Sensations, when these are remov'd, they are to be omitted.

Let me insert, concisely, the powerful and salutary Effects of these Medicines, on my Butler, which with many other Instances under my own Observation, impelled me to seek for that Relief, so reasonably to be anticipated from them.

Some Years ago he complain'd of a Pain in one of his Knees, rather dull than acute, but in less than ten Days. it was very grie-

vous, and attended with an Inflammation. He had all Medical Assistance, being at different Times, in the Course of two Years, under the Care of a Physician, Surgeon, and two Apothecaries, but all in vain; for it mounted into his Hips, and descended also into the Ankle Joints; his Pains were very intense, he was a Cripple, unable to help himself, or move about with Crutches; and when he arose from Bed, and put himself into an erect Posture, if but for a Quarter of an Hour, had Dropsical Swellings in his Legs. In this piteous State he languished two Years without Remedy; I finding these Medical Applications of no Effect, put him under Mr. *Drake's* Care, who in two Months removed all his Complaints.

Faint Returns he has sometimes had, but these Medicines have hitherto most certainly removed them. My Servant's Complaints were deem'd Rheumatic, but the Gout and Rheumatism have such various and similar Modes of tormenting, that perhaps it is difficult to distinguish them,

Another from Mr. Hargrave of Lincoln, to his Friend Mr. Sly, of Standground near Peterborough.

Dear Sir,

“ According to my Promise, I send you a succinct Account of the prevailing Efficacy

cy of Mr. *Drake's* arthritic Medicines, and hope your Friend, Mr. *Leary* of *Thorney*, will receive the same Advantage by them as I have. My first Attack of the Gout was in my Foot, thirty Years ago last *November*; the five succeeding Years I had it in both Feet, Ancles, Knees, Elbows, and Hands, but what added greatly to my Misery, was the Gravel in my Kidneys, during these Fits of the Gout. About seven Years since, (not having any Relief from my Apothecary) I determined to try what Abstinence would do: Accordingly I liv'd on Milk, Puddings, and sometimes a little Veal or Chicken. I drank Milk and Water, rarely Wine and Water: The Consequence was, a Freedom from Pain for one Year and four Months. The Gout then seiz'd me in a severe Manner, attended with a violent Fever, which must have carried me off, had I not been bled two Days successively, the Effects of which was a constant Load on my Spirits, and so much fatigued with walking or riding ever so little, all the following Summer, that I have been oblig'd to go to Bed. All my Acquaintance thought I was disabled from following my Business any more. I then wrote to Mr. *Drake*, after answering his Queries, he sent me his Medicines, assuring me I should find all the Relief I could reasonably expect, and I can with great
Truth

Truth say, that I have found more than I expected. The first Time I took his Medicine, was *February* 14th, 1753, and ten Doses carried it quite off. I went abroad, continuing well till *January* 28th, following, which eight Doses happily removed, and was the mildest Fit I have had in twenty-seven Years. The following *April*, I had a Relapse, by getting a severe Cold on a Journey, but I did not loose an Hour's Sleep, tho' I felt the Gout in every Part that had been before affected, but two or three Doses carried it off. The next Fit in *December* 1755, six Doses removed it, as also the Fit in 1756, but in *June* that Year I got wet to the Skin in a Thunder-Show-er, felt gouty Sensations, on which I had Recourse to the Medicine, and two Doses freed me. Since then I have been remarkably well; my Health and Strength enables me to ride from *Lincoln* to *Nottingham* in one Day, every Week, for seven Months in the Year, which is thirty-four Miles. People imagine that Medicine for the Gout must do Violence; but to my Knowledge it is certain, that these Medicines can do no Harm; for the first Time I took several Doses after I was well, not knowing when to leave off, yet I found no ill Consequence, but was in high Spirits, and so refreshed, that I generally left my Bed by six in the Morning. I must observe to you, that I
have

have had but one slight Touch of the Gravel these last two Years, but the seven Years before I took Mr. *Drake's* Medicine, I never passed a Month without a Fit. I hope the Account I here give you, will encourage Mr. *Leary* to follow Mr. *Drake's* Directions, and I would advise him to have a thin Flannel Shirt to sweat in, for I found it very disagreeable sweating in Linnen, and a dry Shirt is very refreshing next Morning. I have sent him Mr. *Scrope's* Letter to the Public, and do assure you and him, that it is strict Truth. You know our Intimacy obliges me to see him every Day, and he is at this Instant in better Health, than I have known him for many Years. I wish our eminent Physicians would be so good as to visit Mr. *Drake's* Patients, in order to enquire into the Truth, and if they find his Medicines answer'd all the Intentions, without Doubt they would endeavour to procure him an adequate Reward for so valuable a Discovery, as two eminent Physicians did for Mrs. *Stevens*.

I am, Dear Sir,

Your most humble Servant,

HENRY HARGRAVE.

Lincoln, Feb. 14, 1757.

Another

*Another from Robert Bell, Esq; of Lincoln,
to his Brother in London.*

Dear Brother,

“ As you desired to know what Effect I found from Mr. *Drake's* Arthritic Medicine, I shall without farther Preface or Apology give it you as follows.

In May last I was seized with the Gout, and it had the Appearance of the most formidable Attack I ever then had, for it was in both Feet, both Knees, Elbow and Wrist, but my Feet were by far the most painful: In this State I first tryed the Medicine, and I affirm I found great Benefit by it. The first Dose threw me into a profuse Sweat, and greatly mitigated my Pains, as every successive Dose did, and six Doses entirely carried them all off, and left nothing but the Weakness attending every Paroxysm behind it: I got down Stairs in three Weeks, much stronger than I used to do at the End of as many Months. I have hitherto continued so, and have been able to walk up and down Hill, much easier to my self, and with less Fatigue than I ever could do from my first becoming an Arthritic, which is now almost thirteen Years. In all my former Attacks, whatever I took to promote Perspiration made me hot, restless, thirsty and uneasy: But tho' these Medicines made me sweat profusely, yet I lay quiet and composed, had no Thirst, at least not worth noticing,

ticing, and generally about two in the
 Morning, and often sooner, I fell into a
 very sound Sleep till about eight or nine,
 when I awoke greatly refresh'd and much
 easier. Before I took this Medicine, the Day
 following a bad or restless Night, I used to
 be dull, and dispirited to a very great Degree;
 but tho' with these Medicines I have some-
 times had little Sleep, yet I have been the
 following Day chearful, and my Spirits in
 as high a Degree as they ever used to be in
 my best Health, without that Weight and
 Oppression in my Head, that was the constant
 Attendant on all my former Fits. My Sto-
 mach while I was under this Course, was
 pretty good, I could with great Pleasure
 make one Meal a Day of light flesh Meats,
 whereas formerly the Sight of any Thing
 but Liquids, rais'd such a Nausea as was
 highly disagreeable, as well as troublesome
 to me. One Thing I think very remarka-
 ble is this Medicine, and which Mr. *Drake*
 foretold, *viz.* when all the Gouty Humour
 of the Fit was forced out by Perspiration, it
 lost its Sudorific Quality; this I found true,
 for the last Dose did not sweat me at all. It
 is far from being a disagreeable Medicine, al-
 ways sat easy on my Stomach, and never
 made me in the least sick. A very great Ad-
 vantage in my Opinion attends it, which is,
 it certainly prevents the Gout from seizing
 on the nobler Parts while you are taking it,
 by

by driving the Humour to the Extremities: This I experienced, for I could in a very sensible Manner feel the Pain descend regularly from my Knees to the Ends of my Toes.

In November last I had an Attack in the fourth Finger of my right Hand, which was exceedingly swelled and inflamed, and put me to very great Pain. One Dose entirely carried off the Pain, and in a very few Days I could use my Hand as well as ever. About the latter end of January last I had a very troublesome Pain, rather blunt than acute, seize me in my Back, about Midway between the Kidneys and Shoulders, from whence it branched round on both Sides, till it met at my Breast; the Pain was not violent except when I sneez'd, cough'd, or drew in my Breath stronger than usual. I was alarmed at it, fancying that the Gout might be the Cause of it, and so it proved, for I took a Dose, which operated as usual, and I was so well the next Day, that I did not think of repeating it, but at the Entreaties of my Family I did, and had not the least uneasy Sensation the next Day. Upon the whole, I look on the Medicine as a very safe and valuable Discovery, and heartily wish for the Sake of Brother Gouts, that the Inventor was to have a Parliamentary Reward to induce him to make it publick, that all might reap the Benefit, and the Faculty might be beat from their Subterfuge, of not dar-

daring to prescribe a Medicine they don't know. Those of my Acquaintance here who have taken them, have found the same good Effects, particularly Mr. *Scrope* whose very remarkable Case has frequently been publish'd in the Evening Papers: I dare avouch the Veracity of that Case, as I saw it in Manuscript long before he thought of letting it appear in Print; and I have since his return here heard him in the most solemn Manner attest the Truth of every Article in it.

Things, or rather Truths so solemnly authenticated ought to gain Credit, especially when they come from Persons no otherwise interested in the Credit of the Medicine, than the Benefit they obtain from it. Common Justice to Gouty Sufferers, and Gratitude to Mr. *Drake* induced Mr. *Scrope* to publish his Case; the like Motives excite me for the Benefit I have receiv'd, and I trust in God, always shall receive, then Life will rub on tolerably comfortable, as I shall never delay one Moment taking that which I have hitherto found an almost instantaneous Relief. A certain Cure, I fear, must not be expected by one who has had it so long as I have, or did Mr. *Drake* ever flatter me so much: But if by the Means of this Medicine, a four Months Confinement is reduced to two, a great Point is gain'd, and I have great Reason to be thankful and

Content. My Unacquaintedness in drawing up physical Cases will sufficiently appear, by the inaccurate and artless Manner in which this is done, but as Truth is the Foundation of it, I am less anxious about the Method in which it is written. In some Parts it may seem too concise, but I shall always be ready, and with great Chearfulness, to answer any Questions on this Head, in as satisfactory a Manner as I possibly can. Such as it is, as you demanded it, I send it, and hope it will Answer the End for which you wanted it, if it should be a Means of inducing any one to try for Relief from the same Cause, I heartily wish he may meet with the same Success I did.

I am, Dear Brother,

Your's most affectionately, whilst

ROB. BELL.

Lincoln, March 1757.

Some good-natured Gentlemen of the Profession of *Lincoln* and else where, on my publishing Mr. *Scrope's* Case, were pleas'd to declare, it was not *my Medicine* that restor'd him to his Health, but *their Skill* along with the *Bath-Waters*. Upon which this second Letter of Mr. *Scrope's* came to Light directed to a Patient of mine, a Gentleman of Distinction near Grosvenor Square.

Sir,

Sir,

“ Public Utility will excuse this Address from a Man with whom you are entirely unacquainted, and have not even a Personal Knowledge of; depending therefore on the Reasonableness of my Apology and the Sincerity of my Intentions, give me Leave to recommend Mr. *Drake* to your Consideration, by way of devising some lucrative Means which may encourage him to publish his Anti-gout Medicines. You are, I suppose, no Stranger to the Justice I have endeavoured to do him, by Public Attestation; but this is the full Extent of *my* Power; for being nothing more than a private Man, my Connections can render him very little Service; with you it is much otherwise, and I envy your Station on that Account; because it impowers you to do more Public good, and be more effectually grateful to this eminent and valuable Man, than one in my narrow Sphere. I have Reason to believe you will exert this Power, because you have happily experienced the extraordinary Virtues of his Medicines; hence it is that I intrude upon you, with a confident Pleasure of succeeding in my Application for him: I shall not take upon me to prescribe any particular Method of rewarding him, observing only in general, that the most advantageous one, will be but equal to his

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Deserts;

Deserts; in this I flatter myself you coincide with me.

The fatal Consequence of Medical Prejudices arising from sordid Views was never more glaring than at present, and if Demonstration will not prevail against them, nothing can; it is a Sort of Bigotry, as destructive of Bodies as some religious ones are of Souls, and perhaps the English are the greatest Dupes in the World to Medical Fraud.

This Class of Men will vie with each other, but unite against the common Enemy; that is, if an universal *Panacea* (which for Argument sake give me Leave to suppose) could be discovered for the Cure of all Human Diseases, one may, without being uncharitable, venture to pronounce it would be rejected; the Reason obvious, *Drake* they dare not openly attack, not even in a Newspaper Bark; but they endeavour to whisper him down: What is this but Assassination? Thus I am credibly informed they say, that *Bath Waters* established me, and that they shall soon have me again there. I answer it is false, and will prove it by assuring you that *Drake's* Medicines restored me after I tried those Waters in vain, and had regularly been under the Care of several eminent Physicians without Relief. It is true I revisited *Bath*, but Pleasure was my Motive; and when I returned from it, was oblig'd to recur to Mr. *Drake*, upon my sustaining

sustaining a severe Relapse, which his Medicines removed. I am now, notwithstanding the Severity of the Winter, in a State of perfect Health, and in Case of future Attacks of the Gout, shall take his Medicines with as much Confidence of Success, as an hungry Man would sate his Appetite at a plentiful Table; and I verily believe his Method of treating the Gout, is more universally successful, than the Bark in intermitting Disorders. Your Sentiments on this Subject will greatly oblige,

Sir,

Your most humble Servant,

GERVASE SCROPE.

Lincoln, Jan. 30th, 1757.

By this Time, I hope my Readers are convinc'd of the salutary Effects of sweating Medicines in the Gout; for most of these Patients were deliver'd from extreme Danger in a short Space of Time; some indeed, as it were, from the Jaws of Death by the first Dose, others by Degrees and more slowly. If any should ascribe this good to Chance, or a particular Turn of Constitution, rather than this Medicine, that Person may with equal Reason contend, that there either never was such a Thing as the Art of Physick, or that Medicine never did any one Service.

These remarkable Cases authenticated, in the Face of Mankind, and within the Limits of Persons of Rank, Honour, Wealth, and distinguished Merit, must or ought to have a proper Effect, and evince the Utility and Safety of my Practice, especially as no Imputation or Charge of Prejudice, in the Course of twenty-five Years is discovered. But, say they, the Method is new and unheard off, and contrary to Rules! What then! Is it a Crime to make Discoveries, invent a better Method of Healing, which our Forefathers did not follow, and which their Children neglect; as if it were, that the Art of Physick was so absolutely compleat, that it could possibly receive no Amendment or Addition? Indeed the only Attempt they have made to stem the Progress of this growing Evil, is that fam'd Powder, call'd the *Duke of Portland's*, and which almost every one that came under my Care had fully tried; but this, nevertheless, supported as it is, by so great a Personage, deceives, and with terrible Effects.

I never heard of more than one Instance of good it did, and that is the *late Master of the Bedford-Head Tavern*; therefore, whatever Virtue it might have in former Times, is now entirely decayed by Age, destroying more People by a supposed Notion of its Virtue, than the Disease itself would have done, had Nature been left to her

her own Choice. But 'tis the Regimen, 'tis Temperance, that paves the Way for my Medicine. 'Tis *this*, and not five insignificant Ingredients, that *cures the Gout*, by the natural, and therefore salutary, Evacuation of Sweat.

For the Gout is a long contracted Habit of noxious Impurities in the Blood and Juices, and which no Stomachic Medicine alone can reach; it may prevent the Accumulation of fresh Materials but it will not dissolve, or evacuate any Part of the already acquired Stock, or indeed help Nature in her Way to discharge this morbid Mass, which is ever her Choice by Sweat and Urine; or does that Medicine lie within our slender Knowledge, which will certainly and constantly prove effectual in the Gout, without this previous method of Evacuation?

Thus far, I think that Medicine only most eligible, which disposes our offending Humours, to be discharged in this Manner, and that constantly, as often as Nature is oppressed: This is my Method; and I thereby relieve nine tenths of Mankind, a Method which every candid and sincere Judge in Physick must comply with, as the most conducive to cure the Gout.

I could have mention'd many more Cases, parallel, if I did not think these sufficient; but if these will not satisfy my Readers, I fear Volumes of Cases will not, tho'

to the captious and the diffident I speak it, nothing will convince them, unless one rose from the Dead; but with the candid and unprejudic'd, I hope to meet Favour and Credit.

After all this Proof, will you suffer your Patient to fall a Sacrifice to the Disease, rather than make Trial of a Medicine, you can have no Objections to, unless it is, because the Author conceals the Composition of it? I know you would make Trial of it on your own Terms; but when Things are so circumstanced, as not to permit this, without my having first of all a valuable Compensation made me for the Discovery, for which I freely offer it, rather than see so many Thousand Lives lost, that might easily be prevented. If you will condescend to grant this particular Demand, this reasonable Expectation, you may then depend on a Remedy which will never deceive you; but will cure the Disease, as certainly as other Diseases are properly said to be cured.

It will be necessary, that I take Notice in this Place of the Reason, why I have not oblig'd the Publick with the Names of those Persons, whose Cases I have inserted. This I confess is highly proper to prevent the Imputation of Forgery. But this I could not remedy having no Permission, which greatly distressed me; but I assure
the

the Reader excepting two Cases, * they are all alive at this Day, Persons of Probity, Birth, and Fortune, who are ready and willing to attest the Truth.

Few indeed, care to publish their corporeal Infirmities in Print, and as most of these are in such Circumstances and Situation, that it was by no Means convenient or proper for me to take the Liberty; so likewise being unwilling to put my Patients to the Pain, either of a Consent or a Refusal, I resolved with myself, even to bear the Slur of Falshood, and let the whole rest on my own Credit, rather than contend with such Difficulties. I have therefore mention'd their Names, only in those Cases, where I was absolutely at Liberty, and which by their Desire were published in the News-Papers; but I declare, that the others are Facts, as I have represented them; and further, that in any particular Case, if call'd upon, I am ready to assign the Person, under proper Conditions.

In order to relieve Arthritics in the Country, and discover at any Distance the Constitution, first of all it is necessary to answer the subsequent Questions, by which a Method may be formed, to direct Medicines with Safety and Success.

* One by a Course of great Intemperance, died of a gouty Atrophy. The other worn out by Age, in his 75th Year.

QUERY I. Whether the Gout be hereditary or acquir'd, the Fits frequent in the Year, at what Times, also the Duration?

II. Whether the Constitution be hot or cold, dry or moist, or enervated by Age, Distempers, or Intemperance?

III. If of an Active or indolent Habit, fleshy or emaciated, or subject to be constive or lax?

IV. If attended with the Stone or chalky Concretions?

V. If the Head, Stomach, or Bowels, be affected, or if there be pasty Swellings in the Feet and Ancles, either before or after the Fit?

INSTRUCTIONS.

I now come to lay before the Arthritic, some Instructions in order for Health and long Life, which if well observed, I am positive will not directly kill or starve any Thing but Distempers; and I believe that few of the voluptuous will undertake such a Method or dietetic Regimen, till they have found all others vain and ineffectual. For as most chronical Diseases proceed from Repletion, as appears from their being cured by Sweat, so the Gout acquired by Luxury and Idleness, can never be subdued or eradicated, unless Temperance and Exercise are

are used along with Medicine. But if the Gratification of the Palate and Taste, be of greater Pleasure, and of more Consequence, than the miserable agonizing Sufferings which it produces, then this Regimen and Method must be contemned as useless; we must be content, submit to Pain and Loss of Limbs, the two inseparable Companions of the Gout.

When Mankind loved Temperance and Labour, there were few or no Diseases. Exercise kept the Juices Sweet. But when Luxury, Intemperance, and Indolence came in Fashion, Diseases sprang up and multiplied; and it is past all Doubt from Experiment, that rich Food, high Sauces, and generous Wines are the Source of this Distemper; as they abound with such Salts and Sulphurs, in a much greater Proportion, than those that are soft, tender, light, and easy of Digestion, affording a mild and balsamic Chyle. Moderation therefore, in eating and drinking, should be a standing Rule with every Arthritic; for as on the one Hand eating more than the Stomach can digest, so, on the other, living too low will be greatly prejudicial. As to the Quality of the Food, Things that yield a quick Digestion, such as White Meats, are to be preferred; also moderately thin Fluids; for Liquors either weak as Water, or strong as Wine, cannot be used, without doing Violence

Violence to the Stomach. The great Meal of the Day, I think, is sufficient to indulge in Flesh-Meat; the Breakfast and Supper ought to be, as light as possible; this Method to continue in the Intervals and proper Sudorific Medicines in the Fits. Daily Exercise will do great Service; nothing so effectually assists Digestion, strengthens the Constitution, and prevents nephritic Complaints and chalky Concretions, as riding on Horse-back. And I have known Exercise only, without any Assistance from Medicine, to have thrown off a Fit. In Case riding on Horse-back, should be contraindicated by Age or the Stone, I recommend the frequent Use of a Coach, which may do as well: And the Generality of gouty Persons have no Cause to complain; for their Riches, which induce them to live in so luxurious a Manner, as to acquire the Gout, will surely enable them to keep a Coach, in which they may take the Air; when they cannot ride on Horse-back.

Another Thing necessary to be known is, that gouty Sensations are often rais'd by Fears, Surprizes, and Passions of the Mind; as on the contrary, Dangers from external Injuries have effectually cured them. But to keep the Mind serene and calm, from all disquieting Passions, will greatly prevent the Increase of the Gout, and the Spirits from Hurry and Confusion. In order thereto,
every

every one should wisely reflect on Mortality, and not vainly think to escape the Evils that are annexed to this State; and it is no small Consolation, that our Case is not singular, for the Gout affects the Rich as well as Poor. It destroys indeed, more rich and eminent Men, than those of low Degree; which demonstrates the Justice and Impartiality of Providence, who abundantly supplies those that want some of the agreeable Pleasures and Conveniencies of Life, with Vigour, Health and Strength, Blessings most desirable, even with the attendant Hardships of despicable Poverty: While to the Rich he sends Sickness as an Allay. Thus it is decreed, no Man shall be perfectly happy, or altogether miserable, but that he shall be Partaker of both Lots; and this Mixture of Good and Ill, is perhaps very proper to make us *know ourselves*.

The R E G I M E N.

When once a luxurious Person, has with great Industry acquired the Gout, no doubt by the very same Methods he may increase, improve, and confirm the Disease; for Irregularities in living, will soon rivet and establish the Arthritic Habit. And it is easy to comprehend, that, would Mankind
but

but follow the original Dictates of Nature, Temperance and Exercise would so far refine the Blood, as not to admit the Disease; therefore every Arthritic that would consult his own Happiness, must avoid those Things which are productive of gouty Materials.

The great End of eating and drinking is, for the Support of Nature, and the Quantity of Food must be proportioned to the Strength of the Digestion, and the Waste or Decay from Exercise or bodily Action, or to the present Fulness of the Habit, and Obstruction of the natural Secretions.— But as it is impossible to give general Rules in these Cases, wherein almost every individual Person differs from another, or even from himself at different Times, so the precise Regulation of this must be left to our own Feelings. For Instance that Quantity which agrees best, sits easiest and lightest on the Stomach, gives no Oppression, Heaviness, Heat, or Feverishness, while it is digesting, and passes off without any ill Effects, will most readily determine it; and it is of so great Consequence to our Welfare, that no Pains ought to be spared for attaining the Knowledge of this precise and precious Mediocrity, which ought as seldom as possible, to be transgressed either Way.

First, those who have only one regular Fit of a short Duration, and that annually,
and

and whose Constitutions are yet sound, and their Juices good and sweet; if they live with a due Degree of Temperance suited to their Constitutions, and take Care not to increase the Gout by Excesses, will need only to abate of their Quantity some little Time before the Disease makes its Approach; if they do this, and regularly take my Medicines in the Fit, the Disease will be conquered, and Health and Freedom of Spirits continued to old Age.

Secondly, those who have more frequent and violent Attacks of it, will need a greater Degree of Care and Caution, and must live on the lightest and most easily digested Foods, and the smallest Quantity of spirituous Liquors. For such, the lightest young and white Animal Foods alone are necessary, and those only at Dinner. And if they are subject to violent and acute Paroxysms, must yet use a cooler, softer, and more plain Diet, and take no more at a Time, than their Stomach will easily bear, but rather repeat it oftner.

But, Thirdly and lastly, for those whose Constitutions are entirely spoiled, whose Blood and Juices are bad and corrupted, whom every Breath of Cold Air entitles to a Return of the Disease, being likewise threatened with Hectic Coughs or Consumptions, I have found no other Relief, than a total Abstinence from Animal Food
of

of all Kinds, and all Sorts of strong and fermented Liquors, keeping only to Milk, and vegetable Diet, from which few have ever failed to find a present Relief, as well as a considerable Abatement of the Violence of the Disease. Many I have known cured by this Method, at least the Disease has been so moderated as to give very little Uneasiness; an Instance of which, is one of the present Surveyors of the Customs, who for several Years suffered greatly, and was led into this Method by the Directions of an eminent Physician, by which he now enjoys Ease and Quiet, and has a regular short Fit once in two or three Years, that before was constantly confin'd and plagued the whole Winter, and subject to it even in the warmest Summer Months, especially on the least catching of Cold, or Transgression in Diet.

But to proceed, as the Gout is a Disease arising from superfluous Nourishment, unconcocted Chyle of high Food and strong Liquors, fermenting, putrifying and obstructed Perspiration, good Health can never be obtained, without some Labour and Pains against contrary Habits. The taking down more Food than is proper for Nourishment, or than the Waste of the Solids and Fluids require, must necessarily create Superfluity, which will always produce a Redundancy of
saline

saline Principles, the Parent of this and other Chronic Distempers.

That is properly stiled a sober Life or Diet, that adjusts the Quality and Quantity of Foods and Fluids to the digestive Powers, and will not suffer us to exceed the Bounds of Temperance, or to swallow more down, or oftner, than our Constitutions will well bear, and our Stomachs rightly and easily digest; therefore let every one that is subject to a gouty Habit, abstain from these Substances that consist of the grossest Parts, which are hard to digest; let them carefully avoid all pickled, smoaked, salted, or high-season'd Food, and keep to plain dress'd Diet, easy of Digestion, and this as sparingly as consistent with Ease and Strength. A plain Rule for judging of the Quantity is not to eat so much as indisposes for Business. If it agrees with the Stomach, drink only Water, if not, good clear old small Beer. If from a long continued and immoderate Use of intoxicating Liquors, or by Reason of old Age, or great Weakness, the Stomach cannot digest Food without Wine, take one Part Wine, (Madeira is the best) two Parts Pyrmont or Spring Water. Water is the wholesomest of all Fluids; it quickens the Appetite, and strengthens Digestion; next to that is clear old small Beer. Strong, and more especially Spirituous Liquors, are a certain, tho' slow Poison; and

Experience demonstrates the Necessity of leaving them off, not all at once, for therein is Danger, but by Degrees. Strong Liquors do not prevent the Mischiefs of a Surfeit, or carry it off, so safely as *Water*, and the frequent Use of *Drops, Wines, Drams,* and *Cordials*, is so far from curing Low-spiritedness, that it increases it, and brings on more fatal Disorders.

Nothing conduces more to Health, than Abstinence and plain Food, with due Labour. Use as much Exercise daily in the open Air, as you can without Weariness. Sup at seven or eight on the lightest Food; go to Bed early, and rise betimes. To persevere with Steadiness in this Course, is often more than half the Cure; and above all, if you add Prayer, and have Faith in God, the Mind as well as Body will profit by it.

Studious Persons should eat about eight Ounces of Animal Food, and twelve of Vegetable in twenty-four Hours, and have stated Times for Exercise, at least two or three Hours a Day; the one half before Dinner, the other before Bed Time.

Tender Persons should eat very light Suppers, and those two or three Hours before going to Bed, which should be about nine or ten, and rise early in the Morning. Nothing impairs the Strength more than sitting up late at Nights, which every Valetudinarian

itudinarian can affirm from his own Experience, provided he has carefully observed how vigorous and chearful he rose in the Morning, when he went to Bed early, and how very languid and faint he has found himself after sitting up late.

But the tender, weak, or studious, who have accustomed themselves to drink Wine, and cannot live without, may drink it by itself, or diluted with Water, but must not exceed a Pint in twenty-four Hours.

Exercise should always be taken on an empty Stomach, and should never be continued to weariness; after it, we should take Care to cool by Degrees, lest we take Cold. Walking is the best Exercise for those who are able to bear it; Riding for those who are not, and the open Air when the Weather is fine, contributes much to the Benefit of Exercise. The Air we breathe is of great Consequence to our Health. The Country Air is better than any near a Town, which generally is full of noxious Vapours. East and North Winds with damp Air, should be avoided. The healthiest Situation is in a Champain Country, sheltered from the North and East Winds, and remote from standing Water.

Perspiration should constantly be promoted, and that by thin, small, and warm Fluids, going to Bed. Obstructed Perspi-

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ration

ration (vulgarly call'd catching Cold) is one great Source of Diseases, more especially the Gout: Whenever there appears the least Sign of this, let it be removed by gentle Sweats. The fewer Cloaths any one uses himself to by Day or Night, the harder he will be. Also frequent washing of the Feet, is productive of Health; the Flesh-Brush, likewise, is an useful Implement for promoting a free Perspiration and Circulation of Blood, especially, if used after a Fit of the Gout, as it will then greatly strengthen the weak Parts, dispose the remaining Humour to pass more freely off, and keep the Body sweet and clean.

Health cannot long consist with Costiveness, it is a Sign of over-heated Blood, bad Digestion, Weakness of the Intestines, and moreover generally is a Token of an approaching Fit of the Gout; Care should be taken to remove it at the Beginning, and prevent its Return, by soft, cool and opening Diet; but if this will not do take a little lenitive Electuary, or a Solution of Manna. Those that live temperately, have one regular Stool a Day, but those who have more exceed Nature.

Smoking Tobacco is good for phlegmatic Constitutions, but to dry and lean Habits very pernicious.

Coffee and Tea, to Persons who have weak Nerves, are extremely hurtful. Chocolate,

colate, Water Gruel, Barley-Broth, Sagoe, Milk-Pottage, boiled Milk, or any mucilaginous Food, are much to be preferred.

Turbid Water, with Brick Dust Sediment, proceeds from the critical Discharge of what was restrained in the Habit; pale Water, from the urinous Salts being yet retained.

The Appearance of Fat on Urine, is but a Film of Salts. Bright Amber-colour'd Water, is a Sign of good Health: Great Quantity of it proceeds from Excess, and want of Exercise to promote Perspiration. In Health, high-colour'd turbid Water, in small Quantities, shews the immoderate use of spirituous Liquors.

The Passions have a greater Influence on Health, than most People are aware of, for violent and sudden Passions dispose to and increase this Disorder: 'Till the Passion is calmed, Medicine will hardly prevail; and as Fears, Surprizes, and other Passions, will cause and exasperate this Disease, so they have sometimes a contrary Effect, and cure it.

As the Gout is not brought on at once, so it cannot be quickly removed; a gradual Corruption, must be gradually remedied; 'tis contrary to the Nature of the Gout, to be quickly cured.

The Power of Exercise both to preserve and restore Health, is greater than can well be conceived, especially if you add to it Temperance; for Instance see the Husbandman, who thereby enjoys Health, Vigour, and strong Fibres. For it is neither the Abundance nor the Daintiness of Food, that strengthens and supports Nature, but the moderate Use or Quantity equivalent to the Strength, and the good Condition of what we eat, answerable to the Constitution of the Body.

By a Dietetic Regimen for one Day, if agreeable to the Constitution, the Arthritic may regulate the Remainder of his Life, which will entitle him to Health, and a rational old Age; Reason then will be his Physician, and the Cook his Apothecary.

Breakfast should be taken as soon as out of Bed in the Morning, viz. about five or six o'Clock in the Summer, eight or nine in the Winter, which should be some kind of Tea, with one third Part boil'd Milk in it, eating Sea-Bisket, or some kind of Family-Cake without Butter, and that not to Fulness or Satiety; likewise for Variety, Coffee may be allowed with the same Quantity of Milk; but, if subject to weak Nerves, these are extremely hurtful. Chocolate, Water gruel, Barley-Broth, Sagoe-Milk, Milk-Pottage, or any mucilaginous Food are much preferable.

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The Capital Meal, or Dinner, should be on some kind of White Meats, with Pudding, Fruit Pies, and the like, and *that* five Hours after the Repast of the Morning. Abstain from all gross Meat, and by Degrees lessen the Quantity of solid Food, depending chiefly for support on Broths, Soops, Jellies, and the like, but with little Spice.

Eat often if Strength requires it, but little at a Time. Be guided in the Quantity you eat, by the Spirits you find yourself in, rather than by the craving of the Stomach; which frequently deceives you into Excess. If you are chearful, and find your Strength assisted by three or four Ounces of solid Meat, abstain from any more, tho' you should find an Appetite, which may trouble you for a Time, till you have brought the Stomach to be satisfied with what is sufficient for the Purposes of Nature.

For Liquids, Water is the best. Drink it boil'd, and poured upon toasted Bread till it cools, by which great Advantage will accrue; for the best and lightest Water has Crudities in it, which boiling corrects; and the toasted Bread gives it Spirit, and a nutritive Quality, very friendly to human Nature. But if you cannot comply with this simple Fluid, being accustomed to those that are Spirituous, let your Liquor be good Table-Beer, or Madeira Wine one Part,
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and two Parts Water, with the Toast in it as above.

Six Hours compleat should be allow'd betwixt Dinner and Supper, drinking if you please, two or three Dishes (three Hours after Dinner) of Green Tea.

For Supper, you may have Milk Pottage, Sagoe, Barley-gruel, boil'd Milk, or any other inoffensive Article of Nature similar to them. But if a Deficiency of Spirits should result from this Manner of Life, by Degrees bring yourself to this Regimen, and drink as a Cordial two or three Glasses of Madeira Wine, which is the most I would chuse to indulge in for a Constancy.

If able, use Exercise of every Denomination, take it moderately, but never to Excess, and riding on Horse-back I recommend, as it effectually assists Digestion; for Motion contributes exceedingly to hinder the Coalition of Salts in the Blood, it breaks them in Pieces, expells them by Sweat, and Urine, and keeps the whole Machine in due Order: Therefore every Arthritic, should every Day ride betwixt Breakfast and Dinner, as also after Dinner should not omit a Repetition of that, or some necessary bodily Exercise before Supper, which should be at seven or eight o'Clock, in order to go early to Bed, and rise early in the Morning; for nothing impairs the Strength more than sitting up late at Nights.

Another

Another Thing necessary to be observ'd is, to keep the Mind serene and calm, avoiding every Thing that may ruffle or fret, keeping an equal and chearful Disposition, which will greatly prevent the Increase of the Gout.

Now and then, in the Morning fasting, chew about ten or fifteen Grains of Rhubarb, which will prevent Crudities.

Thus must we eat to live, not live to eat, tho' Arthritics generally have good Appetites, which like a Knife too sharp, may do Mischief, without proper Restraint. If we would live easy and happy, we must follow the Dictates of Temperance, for Luxury creates many Diseases, especially the Gout. If you take *my Medicine* in the gouty Fit, observe the Rule of Temperance, and use Exercise in the Intervals, the Reward will be, new Life, new Vigour, and Health often heretofore wished for in vain.

To conclude this Discourse. There are some Persons, who being far advanc'd in Years, have not sufficient Time remaining; and others, in whom the Disease is so deeply rooted by a bad Constitution, deriv'd to them from their Parents, that they are not capable of a thorough Cure; and both these must be content to submit to the Order of Providence, and make the best of their Misfortunes, resting satisfied with a partial palliative Cure. But those,
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whose Constitutions are in better Condition, will have better Success, by following with Patience the Directions I have here laid down. Indeed, I believe, there are few that will strictly pursue this Plan, untill they have found all others vain and ineffectual; for to live physically, as they say, is to live miserably: But if the Gratification of Taste and Appetite, be of greater Pleasure, and of greater Consequence to them, than the Preservation of corporeal Health, and mental Vigour perhaps to a very advanced Age, they may soon enough be convinced of their Error when it is too late.

To see how many wretched Arthritics there are complaining of their Miseries and Sufferings, (who, I am certain, bring all their Wretchedness on themselves, by constantly over-loading and cramming the Poor passive Machine,) continue deaf to Advice! As long as our Bodies are subject to Diseases, so long shall we be subject to the Gout, except we use proper Medicines, Air and Exercise, along with Temperance in our Food and Fluids; which if we observe, (I repeat it again) we shall preserve Life, enjoy Health with Vigour, and cure this obstinate and painful Distemper.

Arthritics in the Country, express the great Difficulty which attends procuring genuine Madeira Wine, and say, what is sold for Madeira, is a most wretched, sour,
and

and corrupt Mixture, or Wine which disorders the Stomach, creates an unusual Heat like Brandy, and frequently gripes. Now it is manifest, Madeira, if neat, is a Wine of a strong generous Body, and most agreeable to Arthritic Constitutions: It is the best Stomachic, as it dispells Vapours, deterges Viscidities or crude Phlegm, (the Cause of Indigestion, Flatus's &c.) contains but very little Tartar, and wonderfully conduces to a salutiferous Digestion; therefore recommended in the Gout. On the contrary thin hungry Wines, for Instance, that Sort at Taverns sold for Madeira, French, Rhenish, &c. by reason of their Tenuity and Crudity, abound more with tartarous Salt, than those Wines do that are strong, and of an excellent Odour; therefore, of Consequence, must create fresh Fuel for the Gout. In order to obviate these particular and singular Inconveniences, when genuine Madeira Wine is not to be met with, substitute Smyrna Raisin-Wine of your own Manufactory (six Pounds to the Gallon) that is old, clear, and of a strong Body; this I believe, is very little inferior to Madeira, at least, such as we have from the Retailers of that Commodity; nay it is more wholesome, light, and easy of Digestion, will answer the Purpose for making Whey, and is an excellent Cordial.

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and is an excellent Cordial.

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Gall of Indigestion, Pleurisy, &c.)
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